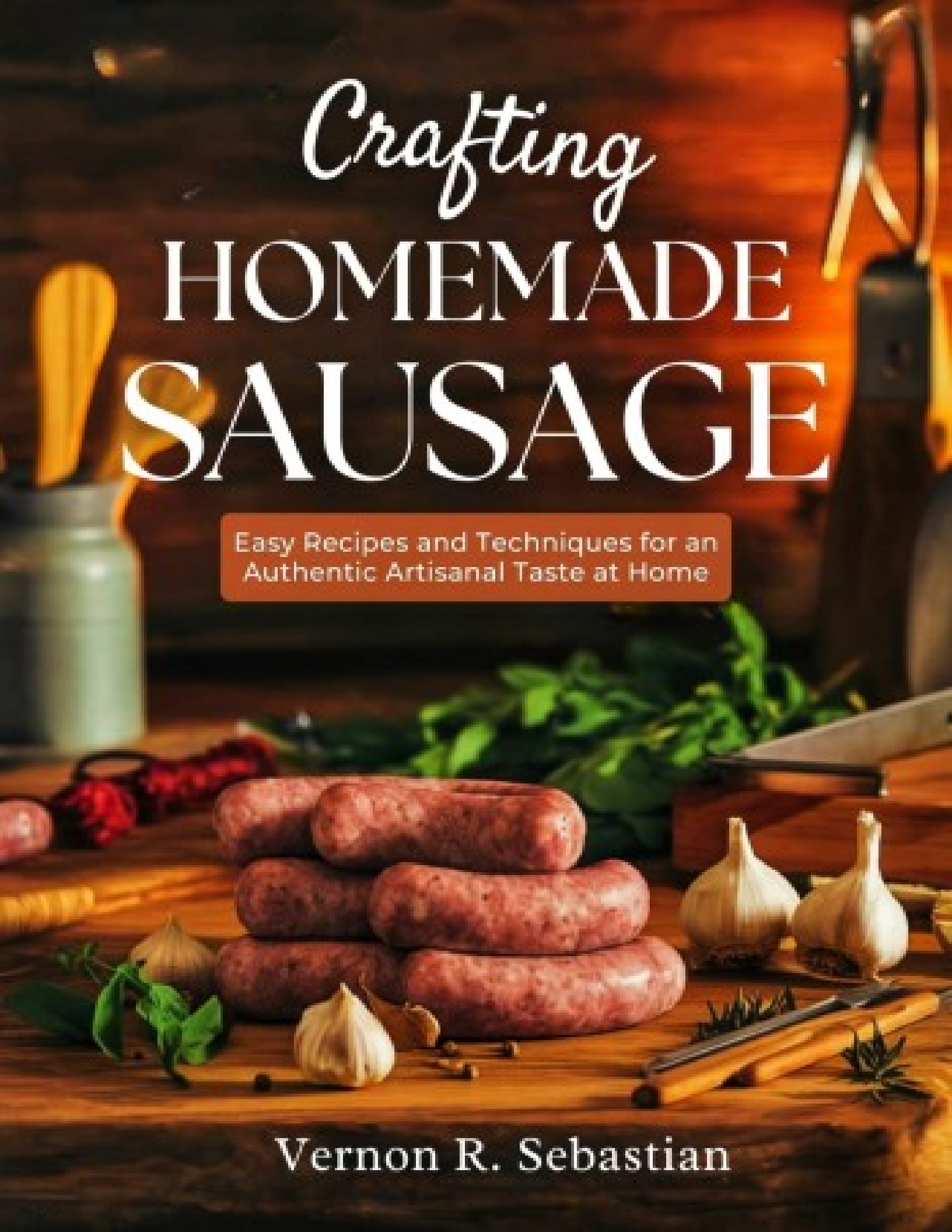
Crafting
HOMEMADE
SAUSAGE
Easy Recipes and Techniques for an Authentic Artisanal Taste at Home
Vernon R. Sebastian

Crafting Homemade Sausage

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Prelude

V

isualize this: a moment of sausage creation captured in the warm confines of your kitchen, where the scent of smoking sausages fills the air. There you are, camera in hand, ready to document the magic. "Is the sausage ready for its close-up?" I ask. You nod, eager yet cautious, as I reassure you, "Fear not, for this is no serpent, but a delicacy of smoked charm, infused with the heat of green chili in every morsel - a smoked bratwurst with a Mexican twist."

Sausages, oh not merely the morning patties, but the meaty, linked varieties, hold a special place in my heart. Among them, the bratwurst is king, a blend of meats, including pork, veal, or beef, each combination promising its unique taste to the whole.

But you'll need more than just enthusiasm to cook up a sausage worthy of your tastebuds. Forget the bathroom scale; a precise kitchen scale is your faithful companion, ensuring the perfect balance of pork, beef, and fat. Then comes the grinder, a must have in this process. Casings are next on the list; natural hog casings are my go-to, sturdy and reliable for encasing the seasoned blend.

And let's pay attention to the sausage stuffer, an indispensable tool equipped with various attachments to suit our needs. Keeping everything chilled is crucial - the grinder and meat alike.

Now, onto the meat - a pork butt speckled with fat marbles promises juiciness, accompanied by a pound of bacon for that extra depth of flavor. Beef with similar fat marbling joins the mix, and here's a twist: I opt for a ribeye, craving that richness, though a top sirloin or even a chuck roast could also play the part, provided it's well-marbled. And for that perfect fat balance, I turn to leftover brisket fat, a secret ingredient that you must always add to the mix.

Now, it's time to chop, ensuring each piece is just the right size for our grinder. As you carefully slice into the pork, you'll marvel at the rich fat destined to enrich our sausage, promising a blend of irresistible flavors and textures. Proceed to finely grind the mix of pork fat, bacon, and beef, all generously marbled with fat. You can

double grind for that perfect texture essential for our gourmet sausage.

This sausage isn't just for grilling; it's versatile and can be prepared in several other ways. Imagine it adding a richness to your beans, your stew, or even shaping it into patties for breakfast. This is not merely about crafting smoked sausages but creating a kitchen staple.

And the bacon, adds its flavor to the mix. Should you have pork belly, use it; otherwise, cubed thick-cut bacon is your go-to. The emphasis here is on thick-cut for its robust aroma; though any bacon works, just steer clear of turkey bacon to maintain authenticity.

The beef fat, pre-chopped for convenience, joins the mixture. While traditional recipes might lean towards veal for its tenderness, we're opting for ribeye as a worthy substitute, requiring a thorough chilling for optimal grinding. The cooler the meat, the smoother the grind, as warmth can turn the blend mushy, risking the loss of that essential collagen and fat.

If time is of the essence, spread the meat in a single layer on a wide, flat pan and set it in the freezer for about 20 to 30 minutes. Meanwhile, prepare for the next step with cold water, not warm, for the casings. Submerge them, gently separating them to ensure even hydration, setting the stage for them to stretch effectively. A subsequent rinse, both inside and out, enhances their usability. After soaking for about 45 minutes, your meat should be adequately chilled and ready for the grinder.

Fresh from the freezer, the meat is perfectly chilled and primed for grinding. This initial stage requires patience as the cold meat slowly yields to the grinder. Once we've accomplished the first grind, a brief chill for about 10 minutes prepares the meat for a second pass through the grinder, enhancing the texture of our sausage significantly.

As the grinding proceeds, my fingers become numb and cold, nearly losing sensation in three. Yet, the cold is so piercing that even if they were to find their way into the grinder accidentally, I'd be none the wiser for a moment. The effort doubles if the meat's been overchilled, turning the manual grinding into quite the workout. If

you find yourself with the luxury of an electric grinder you will be considerably more comfortable, reaping the benefits of the modern convenience.

Now, we transition to a crucial step: the spice blend. Ensuring a thorough mix is essential. We start with kosher salt, adjusting the quantity as needed due to its unique texture. Coarse black pepper and minced garlic add depth, while smoked paprika brings a subtle warmth. Mustard seeds and ground mustard introduce a tangy kick, complemented by the aromatic touch of marjoram, which adds a fresh, garden-like essence. A potent addition comes in the form of ground-dried ancho chillies, offering a deep, smoky spice.

Introducing an emulsifier like powdered milk is a game-changer, enhancing the sausage's texture. This step is done in stages to ensure even distribution, which is crucial for achieving that perfect snap and smooth slice upon cooking. The process is akin to kneading dough, requiring patience and effort, especially as the cold takes its toll on my hands.

If we need more flavor, we will get some hatch green chilies. Whether used in sauces or as a unique, spicy touch to our mixture, they promise an unmatched flavor profile, making them an ideal gift or a treasured addition to any kitchen.

It's crucial to test the seasoning by frying up a small portion at this juncture. This provides a tasty morsel and a chance to adjust the flavor balance before it's too late. Once encased, alterations are off the table, so take this opportunity to refine the taste.

Aim for a gentle smoke at around 250°F, using cherry wood for its distinct flavor. This slow-cooking method will ensure our sausages are perfectly smoked and infused with a subtle yet rich taste. Now, as we prepare to stuff our sausages, it's vital to pack the mixture tightly into the stuffer, eliminating any air pockets that might spoil the uniformity of our sausages. Pack the meat into the stuffer, ensuring minimal air remains. When using a sausage press, remember to cover the nozzle initially to prevent premature meat escape, gradually easing the meat forward and ensuring a smooth, air-free fill.

Threading the casing onto the nozzle can be a delicate task. A little moisture helps, as does finding the right starting point. Try to maintain a slight tension in the casing for an even fill, guiding it carefully to avoid tears. Once you've reached the desired length, a simple knot secures the end, ready for smoking. It's like orchestrating a dance, where precision and patience lead to the perfect sausage, ready to be enjoyed by all.

Ensuring that no air gets trapped inside is crucial in sausage making, and a steady work surface is equally important to avoid any mishaps. Should a casing tear, it's not a catastrophe; tie off the end and begin anew. As you approach the final stretch of the casing, ease off the crank to prevent overfilling, then securely tie the end. This method yields a tightly packed sausage roll that is virtually air-free. However, if you spot any air bubbles, a quick tooth pick lets you expel the air and reseal the casing neatly.

Now, ready for the smoke, the anticipation of enjoying your homemade sausage begins to build.

The entire process, from grinding to smoking, culminates in a taste test about 35 minutes later, proving every step worthwhile. The juiciness of our sausages will most definitely be unparalleled, possibly our finest creation to date, enhanced by the additional ancho and green chilies. The cherry wood smoke not only imparts a vibrant red hue but also infuses the sausage with a subtle and distinct flavor. As the sausage takes on a slight curl from the smoke, its appearance is as appealing as its taste.

Ensuring the internal temperature reaches about 165°F guarantees the sausage is perfectly cooked, offering the ideal tenderness and safety.

It's always wise to fry a small patty before casing the rest, allowing for any last-minute seasoning adjustments. Once encased, the recipe is set.

Are you ready for this homemade sausage making fest?

Let’s go!

Introduction

What do you do when you have leftover meat from Christmas or Thanksgiving? Or, when you have to take a long hike or trip to some area where the electricity supply is terrible, what do you do? You most likely have heard of sausages. They are rod-shaped links of meat and fat that can stand for several weeks and months as long as you make them correctly!

For some specials like fermented sausages, you don't even have to store the meat in a freezer to keep the bacteria away. You can get the right results with a couple of modulations of environmental factors like temperature and humidity.

And yes, did you know sausages taste entirely different from usual meat?

That's why this book is what you need! It covers everything, from the meat you need for your sausages to the intricacies of the entire sausage production process, recipes, and tricks!

All you need to do is to get started!

One

The Basics of Sausage Making

When we hear the word sausage, we think of heavily preserved meat or meat that's gone through tons of chemical treatments. While that may be true, there's something you must know. You can make your sausages and do them as healthily and safely as possible. Besides, making your sausages doesn't always have to revolve around you marching over to the butcher's shop and placing a bulk meat order. You could make sausages from the leftover meats around your kitchen!

Many processes go into the production of sausages, and each step usually requires tons of effort and meticulousness. There's the aspect of choosing the right meat for your links, from pork to beef to mutton to poultry. Usually, making the perfect selection is the crux of the entire process, but here, you'll get all the details in the simplest way possible.

So, from making a choice, you move to either curing the meat or making your local delicacies. Either way, for whatever method you eventually choose to work with, it's more than essential that you have some equipment at hand. Here's a helpful list;

- A sausage grinding machine

Depending on the number of sausages you'd make, you could use simple hand-crank grinders or electric table-top grinders.

- A mixing machine

This machine also comes in different specifications and sizes. Some are even attached to sausage grinders for a one-phase production style. Others are stand-alone mixers, flaunting various sizes in small, medium, and large brackets.

- A stuffer

There are different models of stuffers available. There's the vertical stuffer, the counter-mounted hand stuffer, and the hand-held stuffer.

- A pricking tool
- A knife

- Bowls or trays
- Kitchen twine
- S-shaped hooks made out of stainless steel
- Scales
- Casings, etc.

Be on the lookout for certain flavors you can inculcate into your sausages. For these flavors, you'd also like to get some ingredients. Here are some you can work with;

- The Hot dog flavor: For this, you'd need mustard seeds, paprika, mace, celery seed, garlic, black pepper, and salt.
- The Chorizo flavor: is comprised of onions, garlic, vinegar, red Chile, cinnamon, cumin powder, oregano, and salt.
- The Andouille flavor: this is typically made from onion powder, pepper, thyme, allspice, nutmeg, cayenne pepper, sugar, paprika, ground bay leaves, and salt.
- The Calabrese flavor: you will need cayenne pepper fennel seeds, garlic, black pepper, paprika, and salt.
- The Bratwurst flavor: is made from allspice, caraway seeds, marjoram, white pepper, and salt.

Meat Selection

Choosing the right meat is the secret to making delectable sausages. For instance, did you know that factors like how an animal is treated determine the flavor of the meat obtained? Yes, it does—even seemingly unimportant factors like how the animal was raised matter greatly. There's even a lot more to consider aside from flavor. Did you know that if the meat is of bad quality, it could affect your health? That's why here, we'll look at all the factors you should consider or look out for when selecting your meat.

All meats have labels, which satisfy questions like the meat's source, the cost of the meat, the kind of meat it is, etc. Some other labels can even go as far as informing the buyer about the animal's treatment, the foods it was fed, and how the meat tastes. Now, while these may seem relatively straightforward, how the details are

labeled could sometimes get vague. That's why the following classifications would be very useful for you;

- Grain-finished: This means that the animal was finished with grain. The term finished does not apply to the food it fed from a young age. It only covers the food used to fatten the animal up for quick meat production.
- Pastured: This label will only be found on poultry birds and pork meat. It means that the animal was left to search for its food outside the farm or in its cages.
- Vegetarian-fed: This label describes meat obtained from an animal fed with vegetables, not animal-sourced protein.
- Free-range: This label also describes meat obtained from animals fed with grass outside the cage.
- Humane treatment: This label describes meat obtained from animals raised according to the standards set by the Certified Humane Organization. One of the standards set by the organization is that the farmer should allow the birds to do natural things like wallowing in the sand. Cows get to graze freely; pigs get to root, etc. The animals are also supplied with every element they need for a great life.
- Animal Welfare approved: This label is attached to meat obtained from animals raised with the highest possible standards.
- Organic: This label describes animals fed only organic grains and products.
- Natural: This label doesn't describe the kind of diet the animal was on. It somewhat explains that the meat did not undergo any form of processing after it had been butchered. It also signifies minimal processing.
- No hormones: This label is used for red meat and meat obtained from poultry birds raised without antibiotics.

Another dictate to the kind of flavor meat exudes is the fat in it. Fat gives meat this juiciness and tenderness that no one can ever resist. Even if you don't see it attached to the meat cut, it's there, locked within the innermost fibers. This secret fat is known as

phospholipids. If you did some science back at school, you will understand more about this secret fat even more efficiently.

Phospholipids, which are present in the cell membranes of animals, are responsible for storing energy. These lipids are even more responsible for the flavor of your meat than the ones you see studded to the body of the meat. In a few cases, this fat is absent—probably because it was extracted in one form or another; the sharp difference in flavor and texture will be all too palpable!

Now, note that the amount of fat present in animals isn't the same. The fat content varies from one animal to the other and from one part of the animal to the other. For example, meat obtained from areas or body parts the animal does not frequently use or move would contain more fat than the other parts that the animal moves.

Let's now go even deeper with our study. What other factor could be responsible for the flavor attached to meat? The age of the animal! The older an animal is, the more flavorful the meat is. And this is probably because the meat has more time to develop, with tons of infusions of the very flavors that we love. The animal also gets to feed on more plants, which contain certain minerals and constituents that make the meat even juicier.

How can you tell that your meat will taste good just by staring at it in the mall or at a butcher's house? Here's a secret for you. Did you know that there are eight different grades of meat? Check this out;

- Prime
- Choice
- Select
- Standard
- Commercial
- Utility
- Cutter
- Canner

The grades at the uppermost rungs stand for meat with more quality and flavor, while the ones in the lower rungs stand for meat

with lesser flavor. So, you might want to pay more attention to your meat's label before purchasing it.

Conditioned Meat

The term conditioning refers to a process that makes meat softer and flavorful. Usually, this process is more artificial than natural, as you can induce softness or flavor by using techniques known as aging. Aging is a situation where certain enzymes and microbes act on meat to cause a breakdown of the connective tissue. It can be achieved either through the dry or the wet technique. Let's check out what they entail.

Dry Ageing

In the past, there were three viable options for getting meat preserved. One was the curing technique, another was the canning technique, and the last was the dry aging technique. The dry aging technique involved getting meat hung in the air for about a month to lose as much moisture as possible. It is believed that the loss of moisture from the meat led to an increased concentration of its flavors.

Surprisingly, the process also helped make the meat a lot softer. While the outer layer of the meat hardened due to exposure to the outside air, the inner layer was acted upon by tons of enzymes that broke down the tough collagen fibers.

Now, you may wonder how people eat meat that has been left exposed for so long. Here's how. They cut off the outer part of the meat—which would have taken on a crusty outlook—and then deal with whatever that is left.

This method was quite favourable, except for the eventual increase in the price of the meat. The folks preserving their meat this way are not too excited with the great deal of meat being cut off or thrown into the bin. So, they'd charge more to make up for the loss. Another factor that caused the price to shoot up was the fact that the meat, after losing a lot of water, became a lot lighter on the scale, making the customers of the opinion that the meat is not as "big" as the others.

Wet Ageing

This technique is more commonly preferred and utilized now. All you have to do is set your meat into sealed bags to create a vacuum-like enclosure. This way, the meat neither loses moisture nor forms a tough outer crust. The process also goes on for a couple of days, after which the meat is sold or eaten. However, the taste and texture of the meat obtained via this process aren't always as rich as the one obtained via dry aging techniques. Another problem with the technique is that the taste of blood in the meat is palpable.

Tips to engage when on the search for flavorful meat

- Always work with butchery shops that you trust. And the word trust here embodies you knowing how they obtain their animals, the kind of food they were fed, how they process the animals, how they get them butchered, and all of those tiny details.
- Ensure that whatever meat you're getting isn't one that has already gone through factory processing stages. Animals in such factories aren't usually fed with the best meals, as the company aims to get the animals fattened up and ready for butchering.
- Display interest in the kind of aging technique used for the meat you're getting. This point plays out more if you already have a preference.
- If you need to figure out what to get, ensure that you engage your butcher with open-ended questions. Have him tell you the meat types with the best flavor and every other detail that would influence your choice.

Curing Meat for Sausages

Curing is a process that generally describes food preservation via principles like salting or smoking. In the sausage field, curing brings in more principles, like applying nitrites and nitrates. There are several ways you can get your meat cured, and they include the following;

- Dry curing: Here, you need to prepare a mix of salt and nitrites. The mix usually would have a coarse feel. Rub the salt across the surface of the meat and then allow it to take in the salt. As

the salt penetrates your meat, the moisture within it is, in turn, lost, allowing for the meat to last longer.

- Wet curing: This technique involves the use of concentrated salt water, which is otherwise known as brine. This water is pumped into a syringe and then fed into the meat at different angles. The rising salt concentration within the meat also causes the loss of moisture from it.
- The mixed curing process: This process involves using the two techniques described above. It ensures that the process of curing is achieved faster.

Now, how do you know how to cure your meat? First, you have to consider factors like the size of the meat you want to get cured, the temperature of the environment the curing is to be carried out in, the levels of humidity in the environment, the quantity of fat present in the meat, as well as the amount of moisture present within it. The greater the values you derive, the more the brine you have to use for curing, for such, you'd need the wet curing method.

Let's check out some other tips that can help you know what kind of curing method to use.

For dry curing,

- The length of time you work with it depends on the weight of the meat. For example, minor cuts require you to cure the meat for two days per pound. More significant cuts of meat would require about three days/pound. So, technically, curing a 5-pound loin would require about ten days of curing, and a 10-pound loin would require about a month.
- If we were to define our curing time by the thickness of the meat, it'd be a week per 1inch of thick meat. When measuring the thickness of your meat, you must take your measurements at the thickest part. So, a piece of meat that is 4" thick would be cured for twenty-eight days.

For wet curing,

- The temperature has to be factored in. Minor cuts of meat would be cured for a period in the range of three to fourteen

days at a temperature of about 40 degrees Fahrenheit. While the curing is ongoing, you must also ensure that you flip the meat within the salt solution to ensure that the process goes on evenly. The meat also has to be fully submerged under the water.

- With this technique, you should also note that the meat gets bigger after the process. So, before you do anything further with the meat, you should ensure that you have it rinsed and then totally dried.
- Also, when curing your meat with this method, you should always look for foam that could form atop the water's surface. Once you find it, scrape it away.

The combined technique

- One of the things you must do when using this method is to set weights on your meat! You also want to ensure that you turn the meat over as weights are pressing it down.
- The turning point in this process is when you strike the right balance between the time it takes you to cure the meat and the temperature at which you get it cured. Usually, this requires a lot of experience, but you'll soon get the hang of it with time.

How to monitor the curing temperature

The temperature must be precise and accurate to achieve the perfect results. The reason is that the bacteria we are working with are only active within a specific temperature range. Once we fall out of that temperature, the curing process ceases.

The right curing temperature for your meat should be greater than 36 degrees Fahrenheit but less than 50 degrees Fahrenheit. Any temperature outside these two prime figures would either halt the curing process or make the bacteria multiply to numbers so great that the meat starts to degrade.

How to monitor the pH and nitrite levels

The pH and the nitrite levels are also critical! The reason is that human beings would eventually consume the meat. So, you don't

want it to be too acidic or basic. To get this done, you'll need a pH meter to help monitor the nitrite levels.

The correct pH level for your meat should be either 5.3 or less. This way, the growth of bacteria that are bad for humans can be restricted. The development of diseases contracted through food can also be stopped.

Botulism

One of the problems with curing is that the bacteria responsible for botulism could survive and cause the disease when humans ingest them. That's why you have to be even more careful with the process. Botulism can occur in any environment where there's little oxygen available, and that includes canned foods.

The one effective way of preventing the toxin from getting incorporated into the meat is to use nitrites and nitrates. Sodium nitrite especially has been noted to protect from the adverse effects of the toxin. There are also some other formulations in the market that you can include in the curing formula to protect your meat.

Producing Your Sausage

You first want to ensure that you get your meat from a butchery store that you trust! The meat has to be in the best condition possible to cut out issues related to microbes or unwanted toxins. You also want to ensure that the meat hasn't been treated with chemicals. Go for butchers that offer fresh and wholesome pasture-fed meat.

You also should note that certain parts of animals make for delicious sausage. For example, with pork meat, the best part to cut for your sausage is the butt of the pig. The shoulder is another fantastic part since it combines meat and fat in the best possible ratio.

For lamb meat, the best part is the shoulder. And finally, for cows or anything that constitutes beef, the best part is the chuck. Ensure that you tell your butcher the parts you want at the point of purchase.

If you have to add fat to your beef, there is one choice that you should always go for—solid fat. An alternative, though not as good,

is belly fat. Fats that you shouldn't use include soft fats or suet. These fats usually fall apart too quickly, making them unsuitable for sausage.

Grinding

Before you go to grind, the first thing to do is get rid of some parts of the beef. Aside from that, it would be best if you also carried out some other vital procedures that we'll discuss below;

- Set your meat on a tray and then get rid of bones, cartilage, glands, and other unwanted parts of the beef. This process becomes even more critical if you plan on butchering the animal yourself, perhaps as a farm owner. Other parts that you should get rid of include the ligaments of the animal or other complex parts that could interfere with the soft mesh of the sausage. Lastly, eliminate the loose fat or other bits of fat that may be attached to the meat.
- Next, separate the hard bits of fat from the soft bits. Note that the hard fat will later be used as we process the sausage. Soft fats can work well for rendering meat.
- Next, cut up your meat and the hard fat into sizes you can quickly grind. The smaller the size of your grinder, the smaller the chunks should be.
- Set the cut-up pieces of meat on one side and the pieces of hard fat on the other. For the grinding, you'll have to work with a particular mix of hard fat and meat. Whatever ratio you choose depends on the recipe you'd be working with.
- It is also recommended that you chill the pieces of meat and fat before you grind them. You can run the chill time for twelve hours or overnight. And here's why this process is essential
- Grinding could take a lot of time, and during this time, certain unwanted bacteria could get integrated into the meat. Working with chilled meat helps to reduce the risk or possibility of that happening.
- Another thing is that the meat and fat, when chilled, bind more efficiently together than when they aren't. So, don't skip the chilling stage to avoid issues like crumbly sausages.

- The temperature of the meat should be lower than 30 degrees Fahrenheit. Yes, it should be that cold!

Now that we've done and ensured the points listed above, the next thing to do is start with the grinding. Below are the steps to take;

- Set up your grinding machine while ensuring that you work with a mesh that will fetch you the grind size you choose.
- Set your meat within the machine and then grind away!

While grinding, please take note of factors like gravity and then use them to your advantage. For example, forcing the meat into the machine is a big no. Instead, work it in slowly and then push in the meat as the grinder works its way through it. This step is even more critical when the grinder's motor isn't too powerful to take on the extra pressure.

It would be best if you were careful while grinding. The machine shouldn't have any loose bolts or joints. This point is even more imperative when it's a small machine you're working with.

Lastly, pay attention to the sounds! If you somehow forgot to remove the bones or tough sinews, the machine's hum would shift from something soft to some other noisy jam! This jam could cause some bolts to loosen out. You want to ensure that you disassemble the grinder before continuing.

Mixing

The next thing we'll be doing is to get our meat mixed! Follow the steps below to get started;

- Set your mixing machine up. It's okay if you don't have one. A mixing bowl works just fine, too.
- Now, set the ground mix from the grinding phase into the bowl and then add in your spices.
- Now, with your hands, give everything a good mix. Ensure that you have a good pair of latex gloves on. Remember, the meat you're dealing with is chilled! So, to prevent your hands from going numb real quick, gloves are undoubtedly necessary.

- As you mix everything in, the hard fat will keep its shape. The meat, on the other hand, would also start to break down. With time, it'd also begin to take on another form. Either way, you can stop with the mixing when you've got the perfect meat bind.
- Now, we want to see if the spices we've added are appropriate. So, we'll first make a patty, cook it and then eat it. If it's good enough, we continue. Other things you should look out for besides the taste or the seasoning balance include the texture, the bind, and any other factor you'd generally consider when eating your sausages.

Stuffing

This is where you stuff the meat mix into the sausage casing. For example, you'll need a casing and a sausage stuffing tool to make link sausages. The casings come in different specifications, depending on the kind of animal that you're working with. Let's check these out;

- Lamb casings come in sizes within the range of 18 and 22mm
- Hog casings come in dimensions within the scope of 28 and 32mm

And yes, the list goes on and on. You want to ensure that you purchase the suitable casings for your sausages. The casings can also be classified either as synthetic or collagen-sourced. Whatever choice you stick to depends on the recipe you're working with.

Let's now see how you can make a sausage stuffer!

- Start by preparing your casings. Again, ensure that you state your specifications before buying your casings. So, back to the prep process—soak the casings in water for some hours. After that, you can use running water to wash through the casings again. This process helps to get rid of the salt within the casings.
- Next, pack your stuffer as tightly as possible. Then, slowly, crank the stuffer until the meat emerges from it. At this point, you can then stop working on the stuffer.

- Slide the casing on the horn. If you somehow fix in the casing before the meat pops out of the stuffer, the consequence would be your sausages coming out with several bubbles within them. So, we've put out that air can be a big problem in this step. You should ensure that the casing is slightly higher than the stuffing horn. This way, the air gets to escape.
- Next, load the horn into the casing. Ensure that you fit as much casing into the horn as possible.
- The magic of the stuffing process comes with how much you moisten the casing. Dry casings usually end up with split lines across their surfaces. When it's wet, though, it just slides through the horn smoothly.
- You also should ensure you pack the casing evenly. When the sausage comes off the stuffer, you can roll it up into a big coil if you want.
- As you do the stuffing, ensure you are looking for air bubbles. If you spot any bubbles, use a pin or a sausage-pricking tool to remove them. Note that these bubbles are almost unavoidable, so when you see them, it doesn't mean you've done a lousy job.
- Some other folks would also prefer to get rid of the air bubbles after the linking process, described below. The only advantage is that some inner pressure builds up within the sausage, making it easier for the air locked within it to be expelled.

Linking

Let's look at the steps you should take to get your sausages linked!

- Tie a piece of twine at the very end of the casing. After making one knot, roll over the cord at the end of the casing and then make another. Note that the strings could be one source of microbes, so sterilizing them before they are used is a significant procedure you shouldn't skip. Set them in a microwave for about half a minute or the whole minute. Either way, ensure that you don't set the twines on fire!

- Pick out the length that you want for your sausages, and then use your fingers to pinch the separation at both ends gently. If you overstuffed the casing during the stuffing process, this pinching would be nearly impossible.
- The next thing to do is to take the sausage off the table and then spin it away from you seven times. While doing this, ensure that meat isn't trapped at the twisted end of the casing. Such a problem could make the drying of the sausages difficult.
- The steps below make for one sausage. To make the next, you only need to pinch down the end of the first. Don't spin the sausage, though!
- Repeat the steps we used for the first sausage. You'll have several linked sausages in a line as you go on.
- Tie a knot at the other end of the sausage to keep it in place. After the first knot, turn the casing over the first knot and then make another. This creates a particular knot type known as the bubble knot.

Conditioning

This stage describes the process of drying the linked sausages. Here, the aim is to create a tough outer layer for your sausage, a pellicle. This pellicle is only formed when the casing grows tight around the sausage. As the casing tightens, the meat and the seasonings you put in grow in closer contact with each other, spiking up the general flavor.

This process also helps to seal up the sausages. Here's how it happens. The links we made above serve as connections between the sausages. When they dry off, the links are severed, and the sausages are fully closed.

You also should take advantage of this process if you plan on getting your sausages smoked! The pellicle formed is the structure that allows the smoke from the fire to adhere to the sausages. That way, you can get your sausages looking the same way throughout their lengths.

How is this drying done, though?

- Hang them and leave them to air-dry. You can get metallic hooks if you want to leave them dangling. You could also set them flat across a flat and clean surface while ensuring that you turn them over with time. This allows the drying to occur uniformly, down the length of the sausages.
- Set them in refrigerators or some other food-safe environment below 50 degrees Fahrenheit.

The period this process takes depends on the kind of sausage you're making. For fresh sausages, a few days of drying gets the job done. The drying time, however, gets longer when making other types of sausages. Let's see a couple more tips you can employ to ensure that the sausages dry uniformly down their length and also at a speedy rate.

- Check the outer faces of the casing for any meat chunk that could have adhered to it during the stuffing process.
- One secret only a few people know is that rinsing your sausages with vinegar and water will help them dry even faster and uniformly!

Storing

If you won't be cooking your sausages right after making them, you must figure out a way to store them. Let's check these out;

Fresh Sausages

- You can store them in refrigerators for about a couple of days if they are uncooked. They can remain viable for about two months if you want to get them frozen.
- For cooked sausages, storage can run for much longer. In a refrigerator, you get four whole days. In a freezer, however, you get about three months.

Hard or Dry Sausages

- You can store them in a refrigerator for as long as you want, only if the sausages are whole and unopened. All you get at most for open sausages are three weeks of storage.

- You can also store them in your pantry for six weeks if they've not been opened.
- In a freezer, you get about two months of storage.

Hot Dogs

- In a refrigerator, you get about two weeks of storage.
- In a freezer, you get about a couple of months.

Semi-Dry Sausages

- In a refrigerator, you get about three months of storage. However, if they've been opened, you get the highest three weeks.
- In a freezer, however, you get about two months of storage.

Smoking

Smoking prevents the fats within the sausages from getting rancid within a short time. It also helps to reduce the rate at which bacteria grows within the sausages. The result of this is that the meat lasts much longer, and yes, you also get a better flavor.

- The smoke can also be the enemy of oxidants that can ruin the meat.
- Smoked chicken, pork, or rabbit tastes better than the boiled versions.

So, how do you get your sausages smoked? All you need to do is cook the meats to a temperature lower than 200 degrees Fahrenheit for a long time. So, there, we have two key points:low temperature and long cooking time. Either way, smoking your sausages is quite an easy task!

- If you have a smoking machine, it's all good for you! If you don't, you can develop a make-shift. All you need is a tough wire rim set above a coal pot. You can also make use of a grill top if you want.
- Turn on the heat and then allow the meats to smoke up.
- Now, here's a catch! You want to ensure that the meats are closely observed as they are smoked. This observation would

prevent the fats in the core from catching fire.

- When you've got the meat smoked adequately, take it off the fire and then allow it to cool.

Now, here's another secret for you! Did you know that the kind of wood that you use for smoking your sausages determines the sort of flavor you get eventually? Check these wood types out;

- Applewood: It gives your meat a sweet and fruity taste you'd love
- Alder: This wood is commonly used for smoking fish.
- Cherry: This wood is commonly used for smoking fish and poultry meat.
- Hickory: This wood is excellent for ribbed meat; however, you should be warned. It could release powerful fire. So, use it sparingly.
- Oak: Use this wood only when you'd be smoking your meat for really long periods. The smoke it gives is strong but controllable.
- Mesquite: This wood gives your meat a distinct flavor and is also a good choice when you're smoking meats for a long. However, it would be best if you didn't use it for delicate meat like poultry since the fire can get pretty intense.

Here's another tip to make your smoking a banger! The more the chips of wood you use, the more intense the fire you get. So, for more control and flexibility, start with fewer wood chips, and then, if you want more fire, you can add more.

Two

Sausage Varieties

Every sausage gourmet should know one vital piece of information—sausages come in different types! In this chapter, I'll acquaint you with all the possible types, why you should go for one and not the other, the drawbacks, the good sides, and all the further juicy details. Most importantly, you'll learn how to make the different types of sausages. All I need from you is a truckload of attention and an eye for details.

Raw Sausages

As the name tells us, raw sausages are raw, freshly harvested from the farm, with no added preservatives or chemical additives.

Cooked Sausages

You could employ different techniques when cooking your sausages, and one way is to fry them! You might have heard of the Bratwurst. Yes, they are fried sausages. Other techniques include;

- Using a stove
- Using a grill
- Ovens
- Pressure cookers
- Crockpots
- Air fryer
- Deep fryer
- Baking (for large-scale purposes)

Whatever method you decide to work with, know this—always start by boiling your sausages!

Boiling your sausages will help ensure your links look smooth and dry. Aside from trapping the moisture in, boiling first would also ensure you do not lose the fat within the sausage.

- To boil your sausages, use the techniques explained below under the Boiling section to get started.
- Drain the water out of the pan and then set them on a tray.
- Use a brush to smear some oil across the faces of the sausage. Ensure that you only work with a little oil.

- Coat the surface of your grill pan with some oil, too. Then, you can arrange the sausages on the grill and start the heat.
- Allow the sausages to cook while ensuring that you turn them around intermittently. You can also run a toothpick through the sausage to see if they've adequately cooked through. Either way, the entire cooking process usually takes about ten minutes.

Boiled Sausages

Below are the steps you should take to boil your sausages;

- Set your links on a rack or tray, then use a fork to make holes along the sides. It would be best if you did this because the holes allow the fat locked within the sausage to get expelled quickly. This way, the fat doesn't have to stay trapped within the sausage, consequently causing split lines to develop.
- Set the sausages in a pot and then add some clean water. The water should cover the sausages completely. You must want the water level to be about an inch above the sausages.
- For flavor elevation, you can add your spices to the water. Some other folks would instead add some stout beer or red wine. For gluten-free options, substitute the beer with apple cider.
- Turn the cooker on and set it at high heat. Wait till the water starts to boil before reducing the heat to medium. Then, cook for another ten minutes. The point of this time extension is to allow the spices or whatever flavor you added to get infused into the sausage.
- Drain the water from the pot and then use a pair of plastic tongs to pick them out.
- Set them on a grill pan, wire rack, or tray. For additional flavor or outlook, you could also roast the sides of the sausages a little on your grill or in your preheated oven. You don't want the temperature to be too high to preserve the texture you got from boiling the sausages.
- Use your boiled sausages for any recipe of your choice!

Fermented Sausages

Another name for fermented sausages is dry sausage.

Here, the sausage production process goes down the biological lanes. And here's why. Have you ever heard of this bacteria species —Lactobacillus? Some other folks would instead use the Leuconostoc species, but either will fetch you the same results! That is the conversion of the sugars in your raw sausage to lactic acid, a chemical that would change the flavor of your sausage.

Another good thing this lactic acid does is that it causes a fall in the pH of your meat, creating an acidic environment that would keep the harmful bacteria away. This creates a shielded environment for the meat, making it last months without spoilage.

These fermented sausages stand out from the rest, and here's why. After the bacteria treatment phase, the next thing to do is dry your meat. Because the lactic acid has already created an acidic environment, extracting moisture from the meat further concentrates the salt and acid values. The meat could even look white due to these high salt concentrations.

To make your fermented sausage, you'll need the following ingredients;

- Meat

The entirety of this process is built on the meat to be preserved.

- Bacterial culture

The bacterial culture is like a medium where the Lactobacillus or Leuconostoc bacteria grows richly. So, adding this culture to your meat is more like adding the bacteria in.

- Spices

The true magic of spices is unlocked when you leave your meat to soak them in for hours or days, even! Besides, including your favorite spices and herbs is like killing two birds with a stone. While getting your meat marinated (a game of flavor elevation), you also get to preserve your meat.

- Sugar

Sugar is essential in this process because it allows the bacteria we discussed earlier to produce the lactic acid needed for the fermentation process. Like human beings need food for energy, these bacteria also need this sugar. So, the sugar isn't directly for the meat but for the bacteria. Now, that's some fantastic web of Biology!

Nitrite

Have you ever heard of meat curing? Curing is a process that involves the extraction of moisture from the meat, with the aid of principles like salt or other ingredients that create a concentrated outermost environment. Such an environment acts as a magnet for the water trapped within the meat. The process by which this extraction occurs is called osmosis.

When water is present within food, it increases the risk of bacterial degradation, which is one reason curing is essential. We want to see to it that our meat lasts for a long time, so getting it dehydrated is one step in the right direction. The factor that we'd be using to achieve the dehydration is nitrite.

Nitrites will help hasten the curing process, prevent the growth of harmful bacteria like Clostridium species, and give your meat a nice-looking color.

- Salt

The purpose of salt has already been covered above. It helps create the concentrated outermost environment that is needed for osmosis to occur.

Now that you know all of the ingredients you need for the formation process, let's take a look at the key points you should bear in mind;

- The bacteria should be supplied continuously with sugar for three days. The essence is that you get to have a three-day supply of lactic acid for your meat!
- The time it takes for meat to ferment depends on one major factor: the temperature at which the meat is stored. The lower the temperature, the more time you'll need to achieve the fermentation, and vice versa.

- During the process, you will find a white-looking substance on the meat. That's a sign that your fermentation is proceeding just as planned. The white material is called mold. It helps to top up the flavor of your meat and prevent harmful bacteria from adhering to the sausage.

Three

Sausage Recipe Secrets

There are many secrets to making the perfect sausage, and you may have already stumbled on one or two while reading this book. However, now, it's time to take things a notch higher. Here, you'll find a bunch of tips you can employ to keep your food safe, tricks that can make the sausage-making process better, and how you can get the right flavor and texture.

Keep everything cool!

Once you can adhere to temperatures lower than 35 degrees Fahrenheit, you will have zero issues when making your sausages. That's why you should have thermometers at hand. Always check for the temperature of the meat. Once the figure shifts more towards 35 degrees Fahrenheit, set it back in the freezer.

There are two reasons this step is entirely essential. One is because ground meat, with its increased surface area, is just an excellent environment for microbes to grow. Also, when the meat and fats are cold, the sausages have much better flavor and texture. The low temperature also prevents the fats from growing warm and, in turn, smearing. The smear would only impart a cheesiness in your sausages you may not like.

Keep your working area and processes clean.

The reason for this is quite apparent, as it would help to minimize bacteria invasion. That's why you need to disinfect your work surfaces, utensils, tools, equipment, and even your hands before you begin to work with them. Now, this doesn't mean you should mix such cold batches of meat with your hands. Always work with latex gloves while still ensuring that your hands are clean. The gloves should also be powder-free to prevent the imparting of weird flavors into the meat.

Write everything down

Sausage-making gets better after every trial. You will notice the areas you make mistakes in and then, consequently, work at avoiding them. Now, because the processes are numerous, the only way to correctly and accurately remember them is to have them written down.

Mixing the meat the right way

When mixing your meat, you want to watch the texture and consistency closely. And for that, you'll first have to ensure a cold working environment—the temperature, as always, should be lower than 35 degrees Fahrenheit. It would be best if you also adopted the habit of adding crushed ice to the meat mixture, as it does a lot to improve the consistency of the sausage. It also helps to ensure that the spices are well worked in.

One mistake many people make is getting the meat and fat mixed too much. Usually, the result is a mushy-looking sausage, which prevents the meat and fat from actually getting incorporated into each other as emulsions. You'll find white fat globules within the mix when you get the right balance of meat and fat.

Testing your sausages to see if they have the right texture

To do a texture test, hold some of the mix in your fist and then squeeze. Watch the meat press out from the confines of your thumb and forefinger. If the flow isn't too delicate or smooth, you haven't got the right texture yet. You also don't want the sausages to break or crumble as pressure is applied to them. For correction, you can add more ice or chilled water.

Viscosity Test

To know if your meat is viscous, you need to set some of the paste between your thumb and other fingers. Then, very slowly, spread your fingers apart. The mix for the perfect sausages should have just the proper stretch.

Taste Test

This test already has been discussed in previous chapters. After making your mix, roll some into a patty and then fry. Taste that to know if you have the right amount of salt.

Stuffing Skills

The secret to making the perfect sausages lies in how well you get the sausages stuffed. First, ensure that the casings you use are well-rinsed with water. That way, you get to flush out the salts present in them. Also, when filling the casings, the packing should be firm enough to reduce the amount of air bubbles within them.

You also should ensure that the links do not fall as they come out of the hopper. For this, it is recommended that you support the casing with your hand as you lay the stuffed casing down. Finally, please get rid of any pockets of air that form by pricking them. You could also squeeze the stuffed meat.

Ingredients

The ingredients that you will need to make your sausages include these;

- Fat
- Salt
- Pepper
- Sugar
- Spices and Herbs

Guidelines for Spice Usage

Using quality spices will take your sausage-making game to another level entirely. So, when picking them out, ensure that you go for bright and fresh ones. Sometimes, you may have to pay more, but still, quality is preferred. There are tons of spices used for sausage production, and they include these;

- Thyme
- Onion powder
- Nutmeg
- Cayenne pepper
- Paprika
- Ground bay leaf
- Ginger
- White pepper powder
- Red Chile
- Cinnamon
- Cumin powder
- Oregano
- Celery seeds
- Mace
- Garlic

- Caraway seed
- Basil
- Marjoram
- Mustard seeds

Equipment and Tools

The size or type of equipment you'd work with when making your sausages depends on the quantity and type of sausages you plan on making. Here, we'll look at a list of these equipment and the scenarios where they're most important.

- Hand-crank grinders (suitable for small-scale production)
- Electric table-top grinders (for larger-scale production)
- Low to medium-volume grinders
- High volume grinders
- Sausage mixers
- Sausage stuffers (Vertical and counter-mounted hand stuffers)
- Hand-held stuffers
- Pricking tools
- Sharp knives for trimming meat
- Meat lug or a tray where you'd set up your spices and meat. It also allows you to mix all the ingredients without making spills.
- Twines: Used to tie or seal the ends of stuffed sausages.
- Stainless steel S-hook: Used for hanging meat when drying.
- Digital scale: Used for weighing the meat
- Casings

Four
Smoked Sausage Recipes

Rhubarb Chipotle sausage

Ingredients

2 cups of rhubarb (sliced)
One 7-ounce can of Chipotle peppers (mixed with Adobo sauce)
¼ cup of ruby port wine
Two tablespoons of white sugar
5 pounds of ground pork
Two teaspoons of salt (to taste)
Two teaspoons of ground black pepper (to taste)
One tablespoon of vegetable oil
30 husks of dried corn
Twine

Procedure

- Set a saucepan on fire, and then bring your sauce, chipotle peppers, ruby port, and sugar to a boil. Allow the mixture to simmer under low heat till the rhubarb becomes soft. This could take about fifteen minutes. When you are done, take the pan off fire and then allow the mix to cool.
- When it has cooled, pour the mix into a blender and then pulse till you have a smooth blend.
- Now, in a bowl, add in your ground pork and then some of the mix. Next, season the mixture with some salt and pepper.
- Heat some oil in a skillet over medium heat. Meanwhile, put on some gloves and then make a patty out of the pork mix. Fry the patty till it becomes brown. Ensure that you do not see any more of its pink color. Five minutes of frying time per side of the patty does the trick.
- Taste the patty you have fried to know if you've got the right flavor. If you haven't, mix the rest from stage 2 with the pork mix. Now, note that it'd be wrong to taste uncooked pork!
- Immerse the corn husks in warm water to loosen them up. Ten minutes for this is just sufficient. While that's going on, heat your smoker to a temperature of about 250 to 275 degrees Fahrenheit while ensuring that you add wooden chips to the

smoker. As I already outlined in the previous prep chapters, start with a few chips of wood for more control.

- Make about ½ cup of the pork mix into a sausage and then set it into the softened corn husk. Tie the ends of the husk with the kitchen twine for closure. You can use more husks if one doesn't do the trick.
- Repeat the 'husk wrap' procedure with the rest of the pork mix.
- Smoke the sausages in a preheated smoker and allow them to stay until they've become thoroughly cooked. You can also set a thermometer within the smoker to know when you've hit the right temperature. Usually, a temperature of 160 degrees Fahrenheit is just adequate to get the sausages done.

Gerauchertes Wildbret (Smoked Venison)
Ingredients

12 ¾ oz of venison
Three ¼ oz of pork trims
One ¾ teaspoon of corn syrup
1/3 teaspoon of coriander seeds
One ¼ teaspoon of dextrose powder
½ teaspoon of garlic powder
¼ teaspoon of ginger
A pinch of crushed mustard seeds
1/3 teaspoon of ground black pepper
¼ teaspoon of Prague powder
One teaspoon of salt
Two tablespoons of Fermento

Directions

- Start by molding the meat into cubes and then grinding with a 3/16" grinding disk.
- Mix the meats with the other ingredients as thoroughly as you can.
- Set the mix in a plastic container and then get rid of the bubbles from within it. Set the mix in a refrigerator for 48 hours before

regrinding it through a 3/16” grinding disk.

- Stuff the meat mix into a beef middle casing of 2 ½” by two ¼” by 24”.
- Hang the meat on smoker rods and then leave them to dry at room temperature. Let this go on for about five hours.
- Preheat your smoker to a temperature of about 130 degrees Fahrenheit. Then, let the smoke work through the meat for about three to four hours. This time could be more or less, depending on when you get the right color.
- Turn off the smoke and then increase the temperature to 165 degrees Fahrenheit. Allow the meat to cook till the internal temperature strikes 145 degrees Fahrenheit.
- Take the meat off the smoker and then run bouts of cold water down the meat. This helps to reduce the meat’s temperature.
- Store the meat in a refrigerator for immediate use. For future use, store it in a freezer.
- Cook your sausages either by grilling them or by pan-frying them.

Gerauchertes Wildbret Salami

Ingredients

12 ¾ oz of venison
Three ¼ oz of pork fat
One ¾ teaspoon of corn syrup solids
2/3 teaspoon of dextrose powder
2/3 teaspoon of crushed garlic
2/3 teaspoon of ground nutmeg
2/3 teaspoon of white pepper
¼ teaspoon of Prague powder
One teaspoon of salt
¼ cup of soy protein powder
¼ cup of iced water

Procedure

- Start by chilling your meat and then molding it into cubes.

- Grind the meat in a cold environment or reservoir with a 4.88mm grating disk.
- Mix all the other ingredients except for the iced water.
- Set the mixture in a plastic container while ensuring that you get rid of every air bubble. Then, chill the mixture in a freezer for about two days.
- After two days, grind the mixture and then firmly stuff the meat into a fibrous casing. Be careful to exclude air bubbles from the packaging.
- Hang the sausages on a smoker rod and then preheat the smoker to 130-degree Fahrenheit. Let the temperature remain for about thirty minutes. This time could be more or less, depending on when the skin dries out.
- Close the dampers and then apply smoke to the meat. Maintain the smoke at a temperature of 150 degrees Fahrenheit for an hour. After that hour, raise the temperature again to 165 degrees Fahrenheit and then continue smoking till the meat turns a brown color.

Huhnerfleischwurstchen (Chicken Sausage)

Ingredients

5 pounds of deboned chicken legs and thighs (add some extra skin)

Two tablespoons of Kosher salt

Two teaspoons of freshly ground pepper

One tablespoon of fresh sage

One tablespoon of finely chopped thyme

One tablespoon of finely chopped rosemary

One teaspoon of ground nutmeg

One teaspoon of paprika

½ teaspoon of ground ginger

1 cup of chicken stock

Procedure

- Start by getting the bones out of the chicken legs and thighs. While doing this, ensure you separate the meat from the fat and the skin.
- Next, cut the chicken for any ligament or cartilage you may have missed. Then, set the meat, skin, and fat in the freezer. Allow it to chill till it's almost frozen.
- Grind the meat and then add some salt to the ground chicken. After this, take the chicken back to the refrigerator.
- You want to ensure that the fat and skin are ground to fine pulp. So, you can grind them about twice to get the desired texture.
- Mix your peppers, sage, thyme, rosemary, nutmeg, paprika, ginger, and chicken stock in a bowl.
- In another bowl, mix the ground chicken and the fat. Add in your seasonings and other liquids, and then give everything a good mix.
- Set up your smoker and then grease the plates. While that is heating up, set the chicken grind in your already-washed casings. Tie the knot. Make your sausage just as it has already been described in the previous chapters.
- Set the sausages on the smoker and allow them to cook until they lose colour.
- Serve with any meal of your choice.

Chicken Tagine Sausage
Ingredients
5 pounds of chicken thighs
1 pound of chicken skin
Salt
Six tablespoons of chopped red onions
Two tablespoons of garlic
¾ teaspoon of ground ginger
One teaspoon of black pepper
One teaspoon of chopped parsley
One teaspoon of chopped cilantro

½ teaspoon of white pepper
½ teaspoon of ground turmeric
½ teaspoon of cinnamon
¾ cup of preserved lemon rind (chopped)
Six tablespoons of Kalamata olives (pitted)
0.5g of saffron
10ft of 22-24mm of sheep casings

Procedure

- Start by getting rid of the bones from your chicken. Next, remove all of the fat while ensuring that the meat, skin, and fat are placed close to each other. Check the chicken for ligaments and other tough cartilage. Then, set them in the freezer till they become frozen.
- Grind the meat into pulp and then add some pepper and some salt. Allow this to sit in the refrigerator until the meat can be squeezed into a thick paste. Grind the fat and the skin more finely.
- Pulse your onions, garlic, and ginger in a food processor. Then, mix the paste and these ingredients in a separate bowl—black pepper, parsley, cilantro, white pepper, turmeric, cinnamon, lemon rind, olives, and saffron.
- Add the spice mix to your chicken, skin, and fat. Set the entire mixture in the refrigerator.
- Get your casings out, and then get your assembler in place.
- Stuff the already rinsed casings with the sausage, and tie knots at the end to seal the sausage. Work in links that are about 6” long.
- You can follow the procedures already described for the smoking process.

Rauchiges Huhn Jalapeno Sausage

Ingredients
4 pounds of chicken (with skin)
One tablespoon of Kosher salt

1 pound of bacon
One teaspoon of white pepper
1 ½ teaspoons of ground caraway seed
1 ½ teaspoons of ground coriander
One tablespoon of chopped cilantro
One tablespoon of minced and seeded jalapeno
Two teaspoons of chopped fresh garlic
1 ½ cups of iced water
1/3 cup of milk powder
½ pound of aged cheddar cheese
5 to 6 feet of hog casings

Procedure

- Prep your chicken, fat, and skin using the same techniques as the one used in the recipes above—deboning, grinding, and flavoring.
- After getting all of that done, add in the crumbled cheddar cheese and then give everything a good mix. You want to ensure that all the spices are evenly distributed about the chicken meat mass.
- Next, wash out your casings and then tie them up to the stuffer.
- After making your sausages, set up your smoker and then grease the plates. Have them cook till the sausages lose their pink colour.
- To get an extra smoky flavor, you can wrap up the sausages with aluminum foil. Then, set the wrapped meat in an oven for about 6 hours. The temperature should be about 150 degrees Fahrenheit. Ensure that you do this before you go about with the actual smoking process.

Rindfleisch Bratwurst
Ingredients
4.8 pounds of beef chuck
Salt
One ¼ teaspoon of white pepper

¾ teaspoon of caraway seed
½ teaspoon of nutmeg
¼ teaspoon of ginger
½ teaspoon of marjoram
Four eggs
Six tablespoons of heavy cream
Six tablespoons of dry milk powder
6 to 10 feet of natural pork casings

Procedure

- Start by dicing the beef into cubes of ½" sizes. Arrange the cubes of meat on a baking tray and then set the tray in a freezer for about thirty minutes. Grind the meat so that the meat as it's being ground falls into a bowl studded with ice.
- Add your salt, pepper, caraway, nutmeg, ginger, marjoram, eggs, cream, and milk powder to the ground mix, and then give everything a good mix. When you are done, grind the mixture with the same ice technique as the first.
- Set the meat in the refrigerator until you can get it stuffed.
- Prepare your casings and stuffer. Since the meat is iced, you'd need a medium-sized stuffing tube for the stuffing process. Create 6" links, and then set the meat back in the refrigerator until you're ready to get it smoked.

Country Bologna
Ingredients
6.5 pounds of beef chuck
½ pound of beef fat
One tablespoon of ground black pepper
2 ½ teaspoons of ground coriander
One teaspoon of garlic (crushed)
Salt
½ cup of ice water
4 ½ tablespoons of light brown sugar
1 ½ teaspoons of cure

15 to 20 feet of beef middles (soaked)

Procedure

- Start by dicing the beef and the beef fat into cubes of ½" length. Add in your pepper, coriander, garlic, and salt. Mix. Set the diced meat on a cooking tray and freeze.
- Grind the meat finely, with the output falling into a bowl studded with ice.
- Add ice water, brown sugar, and the cure solution to the ground mix. Stir in.
- Grind the mixture again with the same ice technique used in step 2.
- Stuff your meat into your already rinsed casings while working with links of about 12" in length. Tie twine between each link, and then set the sausages in the refrigerator.
- Set your smoker to about 180 degrees Fahrenheit. Smoke the sausages for about three hours. When you are done making them, set them in ice water to quickly get them chilled.
- Once they are cold, transfer them to a baking tray set atop a cooling rack.
- Before you eat the sausages, set them in the refrigerator for one more day.

Ritzwurst

Ingredients

4 pounds of beef brisket (trim off the fat and dice)
1 pound of pork butt (diced)
Kosher salt
One tablespoon of sugar
½ head of garlic (pureed)
Two tablespoons of black pepper
½ pound of pork fatback (diced)
One teaspoon of nutmeg
One teaspoon of ground cloves
Two teaspoons of ground Allspice

Two teaspoons of ground cinnamon
2 cups of red or white wine (chilled)
12 feet of hog casings (32mm diameter) (soak in water before use)

Procedure

- Start by mixing the brisket pork butt and pork fatback. Set it in the refrigerator until it's time to grind.
- Grind finely. Grind the fat and the meat together, using your desired proportion.
- Set the mix in the freezer for 30 minutes.
- Mix your garlic with the wine, and then set the mixture in the refrigerator for an hour.
- Mix your salt, sugar, pepper, nutmeg, cloves, allspice, cinnamon, and the garlic-wine mixture in a bowl. Use your hands to give everything a good mix.
- Stuff the meat into casings and then create 6" links.
- Set your smoker to a temperature of 180 degrees Fahrenheit, and then smoke the sausages.

Cowboy Brats

Ingredients

3 ½ pounds of beef chuck
1 pound of pork fat
4 ½ teaspoons of water
4 ½ tablespoons of powdered milk
2 ½ tablespoons of ground mustard
Salt
One tablespoon of dextrose
One tablespoon of ground mace
One teaspoon of garlic (granulated)
One teaspoon of finely ground black pepper
One teaspoon of finely ground white pepper
1/3 teaspoon of celery seed
32mm of natural hog casing

Procedure

- Start by dicing the beef chuck and pork fat.
- Add your water, powdered milk, mustard, salt, dextrose, paprika, mace, garlic, black and white pepper, and celery seed to the meat and fat mix.
- Grind finely.
- Stuff the meat through your already rinsed hog casing, and then, when making the sausages, work with 5” links.
- To impart a more fantastic smoky flavor to your sausages, smoke the paprika before using them.

Five
Fresh Sausage Recipes

Wisconsin Bratwurst
Ingredients
2 pounds of fresh Bratwurst sausage
Two onions (thinly sliced)
1 cup of butter
Six cans of beer
1 ½ teaspoons of ground black pepper
Ten hoagie rolls

Procedure

- Use a fork to prick the bratwursts. This technique helps to ensure that the bratwurst does not explode as it expands.
- Next, set the bratwursts in a pot and then add in your onions, butter, and beer. Turn the cooker to medium heat and then allow the contents to simmer for about fifteen minutes.
- Preheat the grill to medium heat.
- Lightly grease the grate and then set the bratwursts on the grilled grates. Allow them to cook for about fifteen minutes while ensuring that you flip the bratwursts regularly.
- Serve your meal with some onions on hoagie rolls.

Wisconsin Brat Beer Cheese Dip
Ingredients
1 pound of fresh bratwurst sausages (casings removed)
Two tablespoons of butter
¼ cup of flour
1 ½ cups of milk
1 cup of beer
One package Pork Gravy mix
1 ½ cups of shredded sharp Cheddar Cheese
¾ cups of Cheese curds or shredded white Cheddar cheese

Procedure

- Start by preheating your oven to a temperature of about 350 degrees Fahrenheit.

- Set a skillet on fire, and then have your sausages cook until they become brown. Drain the sausage grease and then transfer the sausages to another bowl.
- In the same skillet, melt your butter and then add some flour in bits. Stir the mix for a minute, and then add some milk, beer, and gravy. Beat the ingredients together until you get an even and smooth mix.
- Stir the mix until it starts to boil. Then, reduce the heat and allow it to simmer for about five minutes.
- Next, add in your shredded cheese till it all melts.
- Add in your cooked sausages, and then spoon some of the mix into a pie plate that's about 9" long. Top the mix with some cheese curds.
- Set the pie plates in your oven and allow them to bake for about fifteen minutes. Ensure that all the cheese melts before serving it with pretzel chips.

Beer Bratwurst Skillet

Ingredients

Two roasted red peppers (drained and chopped)
½ can of beer
½ can of beef broth
One pack of beef bratwurst
One pack of spicy beef bratwurst
One large onion (sliced into 1" pieces)
¼ cup of grape jelly
¼ cup of Chili garlic sauce
½ teaspoon of paprika
½ teaspoon of ground black pepper

Procedure

- Start by setting a large skillet on the heat. Then, add in your roasted peppers, beer, and beef broth. Allow the entire mix to come to a boil.

- Stir in your sliced bratwurst and then sprinkle some onions and jalapeno over the bratwurst while leaving the entire mix to simmer till the onions just become tender. This usually would take about ten minutes.
- Add grape jelly, Chili sauce, paprika, and black pepper. Then, cook for ten more minutes or till whenever the sauce gets thick.

Sweet Potato and Pastrami Hash
Ingredients
One tablespoon of coconut oil
One onion (diced)
One sweet potato (peeled and diced)
One russet potato (peeled and diced)
1 parsnip (peeled and cubed)
1 carrot (peeled and diced)
1 small turnip (peeled and diced)
Salt and ground black pepper
6 small bratwurst sausages (casings removed)
10 ounces deli pastrami (diced)
½ large head of Savoy cabbage (thinly sliced)
1 tablespoon of freeze-dried Chives
1 bunch of fresh parsley (minced)
1 teaspoon of red pepper flakes
1 bunch green onions (diced)
½ cup of sour cream

Procedure
- Set a pan on medium to high heat, and then add in your onions, sweet potatoes, parsnips, carrot, and turnips. Then, season the mix with some salt and black pepper. Then, allow the ingredients to cook with the pan covered. You should also ensure that you mix the ingredients as they cook. Only stop when the vegetables become soft, which would take about fifteen minutes.

- Set another non-stick skillet on fire and then allow it to heat up. Add in your bratwurst sausages, allow them to cook till they become brown, and then add in your pastrami and ground pork meat. Allow them to cook until all the ingredients are well combined. Then, drain the excess grease from the pan.
- Add your vegetables to the sausage mixture and then season with salt and black pepper. Next, add in your sliced cabbages and chives and allow them to cook until the cabbages start to wilt. Usually, this would take about five minutes.
- Go in next with your parsley and red pepper flakes, and then allow all of that to cook till the hash flavours are well combined. This should take about five minutes also.
- Lastly, stir in your green onions and then top your serving with 1 tablespoon of sour cream.

Wisconsin Beer Brats

Ingredients

2 ounces of fresh bratwurst links
½ cup of butter
3 cans of light beer
4 onions (chopped)
½ teaspoon of cayenne pepper
1 tablespoon of garlic powder
2 cloves of garlic (minced)
2 tablespoons of brown sugar
1 cup of sauerkraut (drained)
10 bratwurst buns

Procedure

- Combine the bratwurst links, butter, beer, onions, cayenne pepper, garlic powder, and brown sugar in a cooker.
- Cover the pot and then set the heat to high.
- Allow the pot to cook for four hours while ensuring that you stir about once per hour.

- Add in your sauerkraut and allow them to cook for one more hour.
- Serve your bratwursts on buns alongside onions and any other addition you choose.

Food Brats Cabbage and Grune Bohnenauflauf
Ingredients
2 tablespoons of butter
1 onion (chopped)
1 pound of fresh bratwurst (cut into 2" pieces)
1 head of cabbage (cored and quartered)
1 pound of green beans (trimmed and cut into 2")
½ teaspoon of granular, no-calorie sweetener
½ teaspoon of salt
Ground black pepper

Procedure
- Start by melting one tablespoon of butter in a skillet. Then, add in your onions. Allow them to cook till they become translucent.
- Then, add green beans into a large pot and fill the pot with some water. The water should be an inch above the green beans. Cook the beans for five minutes.
- Next, add your cabbages into the pot and then top the food with cooked onions. Season the food with some sweetener and salt, and then top it up with some bratwurst.
- Smear the rest of the butter on top the bratwursts and then allow them to cook for about thirty minutes.
- Serve the meal when you are ready.

Honey Mustard Beer Brats
Ingredients
1 red bell pepper; sliced
12 fresh bratwurst sausages
1 green bell pepper; sliced

2 cloves of garlic; sliced
2 bay leaves
1 teaspoon of liquid smoke flavored
2 cups of honey mustard barbecue sauce
1 large sweet onion (ringed and separated)
1 can of beer
10 hoagie rolls (split lengthwise)

Procedure

- Set half of the bratwurst at the bottom of a slow cooker. Then, arrange half of the green peppers, red pepper, and onions over the bratwurst. Set the rest of the bratwurst over the top and then top it up with the rest of the red and green bell peppers. You can also add some onions if you like.
- Add the garlic and bay leaves. Then, in a separate bowl, mix half of the honey mustard sauce, the liquid smoke, and the beer. Then, pour the mixture into the slow cooker.
- If the beer is not enough, you can add more so that everything in the cooker is well immersed. Leave the food to cook for about four hours.
- Start to heat your outdoor grill.
- Take the bratwurst from the slow cooker. Leave the onions and peppers inside the sauce, though.
- Set the bratwurst on the greased grill and then baste with the rest of the honey mustard sauce. Turn the bratwurst over after a while to allow for even cooking. Stop only when the bratwursts become a bit charred.
- Set bratwursts on rolls and then use a pair of tongs to pick out some of the onions and peppers from the slow cooker. Next, set them on the sausages. Don’t forget to add in your onions and peppers!

Grilled Brats and Cabbage
Ingredients
8 brat buns

For the brats;
8 bratwursts
1 cup of beer
1 cup of beer
For the cabbage;
1 tablespoon of Olive oil
½ red Onion (thinly sliced)
½ head cabbage (sliced)
¼ head green cabbage (sliced)
½ cup of apple cider vinegar
1 tablespoon of brown sugar
2 teaspoons paprika
1 teaspoon sea salt
1 teaspoon ground black pepper
½ teaspoon ground allspice
German mustard

Procedure

- Start by pricking each of the brats on either side.
- Set a large skillet on a cooker, and then set brats and water into the pot. Add some beer to the pan to a level just halfway up the sides of the brats.
- Cook over medium heat for about twenty minutes. Stir only once.
- Increase the heat to medium and then allow it to cook for ten minutes. The time could be more or less until all the liquid evaporates. Then, take the sausages from the pot and set them on a tray.
- Add some olive oil, onions, and red and green cabbages to another pan, and then mix the ingredients for about three minutes.
- Add in some vinegar, brown sugar, and seasonings while ensuring you mix the ingredients regularly. You should also ensure that you reduce the heat to medium level.
- Cover the food and allow it to cook for about five minutes. Stir it one more time before you go on to the next step.

- Preheat your oven to a temperature of about 400 degrees Fahrenheit. Then, set your hot dog buns into it. Allow it to warm up, but not until it turns brown!
- Spread some mustard on each bun, top the buns with a brat, and then spoon some warm cabbage sauté on it.

German Rice Sausage

Ingredients

1 onion; thinly sliced

¼ cup of Olive oil

2 pounds of fresh bratwurst links (casings removed)

2 teaspoons of fennel seed

1 teaspoon of minced garlic

1 can of Bavarian-style sauerkraut (The sauerkrauts shouldn't be drained, though)

6 cups of water

3 cups of uncooked white rice

2 tablespoons Chicken Soup base

¼ cup of raisins

1 teaspoon of ground black pepper

Procedure

- Set a large pot on a cooker and then heat some olive oil. Set in your skinned bratwurst and allow them to cook till the skins become brown.
- As the food cooks, break up the sausages and then add in your onions and garlic. Allow that also to cook till the onions become translucent.
- Add in your fennel seeds and sauerkraut, and then fry it for about two minutes. Refrain from stirring during this timeframe.
- Next, add in your rice and soup base. Then, stir the mix until the rice is colored and the soup base enters. This should take about two minutes.
- Add some water, black pepper, and raisins, and then allow the mix to come to a boil. Cook this for about five minutes while

ensuring that you stir the mix as often as possible.

- Reduce the heat so that the mixture starts to simmer. Then, cook the rice till the grains become tender.
- When all of the water has dried up, serve!

Six
Cooked Sausage Recipes

Andouille Sausage

Ingredients

One ½ yard of large sausage casing
4 pounds of lean pork meat
2 pounds of pork meat
¼ cup of minced garlic
2 tablespoons of salt
1 teaspoon of freshly ground black pepper
1 teaspoon of cayenne pepper
¼ teaspoon of dried thyme
1 tablespoon of ground Paprika
¼ teaspoon of crushed bay leaf
¼ teaspoon of dried sage
5 teaspoons of hickory-flavored liquid smoke

Procedure

- Start by setting the sausage casing in cold water for an hour. This will allow the salt coating to loosen up. Set the wide end of the sausage stuffer up against the sink faucet and then allow cold water to run through the inside. This technique is also aimed at getting rid of the excess salt.
- Cut the meat and fat into chunks. Then, work them into your grinding machine. Once the grinding is over, add your ground pepper and the other spices. After that, use a wooden paddle to give all the ingredients a good mix.
- Cut the casing into 26” lengths and then tie in a small knot at the end of each sausage.
- Set the open end over the tip of the sausage stuffer and then slide it in till the tip touches the knot.
- Fill in the hopper with the sausage mix and then turn on the machine only when you are about 1 ¼” in should you stop filling.
- Slide the casing out of the funnel, and then use your fingers to pat down the bumps until it's smooth.
- Tie off the open end of the sausage with a string and then make a knot in the casing.

- To cook your sausage, first slice it into half and then grill it on a hot skillet. Ensure that you do not add any water.
- Cook the sausages till they are brown and crisp at the edges.

Cajun Boudin Sausage
Ingredients

2 ½ pounds of boneless pork shoulder
1 pound of pork liver (sliced)
4 cups of water
2 cups of uncooked white rice
4 cups of water
1 ¼ cups of green onions (chopped)
½ cup of minced celery
1 red bell pepper (chopped)
1 cup of chopped fresh parsley
2 tablespoons of finely chopped cilantro
1 teaspoon of minced garlic
4 teaspoons of salt
2 ½ teaspoons of cayenne pepper
1 ½ teaspoons of ground black pepper
½ teaspoon of red pepper flakes
4 feet of 1 ½" diameter hog casings

Procedure

- Start by setting a pot on medium heat. Add your liver and pork shoulder into the pot, and then add in some water. You don't need too much water for this. When the water starts to boil, reduce the heat and then allow the mix to simmer until the pork turns soft. Usually, this would take about an hour.
- In another pot, bring water to a boil, and then add in your rice. Allow the rice to cook until it becomes soft, then set it aside. This also should take about twenty minutes.
- Now, back to the pork. Remove it from the pot with a spoon that allows the water to drain off, and then set it in another bowl. Leave it to cool for some minutes. Then, while that's

happening, set the pot from the first step back on fire and then sauté your onions, celery, bell pepper, parsley, cilantro, and garlic.

- Season the mix with salt, cayenne pepper, black pepper, and red pepper flakes. Allow these to cook till the onion becomes soft and translucent.
- While all of that's going on, use your grinder to grind your meat. To cut out the stress, you can work with already-ground meat.
- Next, add the meat to the vegetable mixture while watching to see if the water has vaporized. Next, add in your rice and then give everything a good mix. Then, set the rice aside to cool.
- While the meat mix cools, rinse the sausage casings with plenty of water. Set them aside until you're ready to get them stuffed.
- To cook your sausages, set a pot of water on fire, add in your salt and then allow it to boil. Next, add in your sausages, and then, when they become thoroughly cooked and firm to the touch, you can go ahead and serve.

Homemade Chorizo

Ingredients

1 clove of garlic
3 teaspoons of dried oregano
½ cup of distilled white vinegar
½ cup of crushed red pepper flakes
½ cup of water
2 ½ pounds of ground pork

Procedure

- Add your garlic, oregano, vinegar, red pepper flakes, and water into a blender. Then, pulse till you get a smooth mix.
- Next, set your ground pork on a tray while using a spoon to spread everything evenly.
- Pour the mix from step 1 on the ground pork, and then allow it to sit in the refrigerator for twenty-four hours.
- Drain off any excess water.

German Skillet with Mustard Cream Sauce
Ingredients
14 oz Boulder sausage
1.5lbs of red potatoes
1 medium-sized onion (chopped)
1 cup of sauerkraut (drained)
½ cup of heavy cream
2 tablespoons of brown mustard
Oil Salt

Procedure

- Start by setting a pot of water on fire (medium heat). Then, just as the water starts to boil, add your sliced red potatoes. Add some salt and then allow the potatoes to cook until soft. You can use a fork to check how far the potatoes have cooked.
- In a skillet or a pan, add in some oil and then fry your chopped onions until they've become translucent. Next, add in your sausages until they've become adequately cooked through. When you are done, take the fried sausage out of the pan and then set it aside.
- Next, go back to the potatoes you boiled in the first step and then drain the water out of the pot. Add the potatoes to the skillet and then allow them to cook till the skins turn a crisp brown. If the oil thins out, you can add more, albeit, add sparingly.
- Add your mustard to the pan, and then allow it to cook. Next, whip in your heavy cream and then give everything a good stir.
- Continue to stir for five more minutes. The time could be more or less, depending on when the cream thickens.
- Serve your meal hot!

Longanisa de Eugenio Sweet Sausage
Ingredients
½ cup of white sugar

1 teaspoon of dried oregano
¼ teaspoon of ground ginger
½ teaspoon of ground pepper
Fine salt
1 pound of coarse ground pork back fat
½ teaspoon of curing salt
1 tablespoon of minced garlic
2 pounds of ground pork
Hog casing (rinsed)
¼ cup of distilled white vinegar

Procedure

- Mix your sugar, oregano, pepper, salt, and curing salt all in a bowl and then set it aside. Mix the ground garlic, pork, and pork fat in another bowl until everything is well combined. Lastly, add some spice mix and white vinegar, and then give everything a good mix.
- Now, to the casings! Rinse them as much as you can to get rid of all the salt, then tie a knot at one of its ends. Fix the other end of the casing to the sausage stuffing tube.
- Fill the tube with the sausage while twisting the filled casings after filling in every 2.5" length from the links.
- Once you've exhausted the sausage mix, tie a knot at the end of the last link to keep it secured.
- Set the links in the refrigerator for about four days.
- Fill a skillet with water—not too much water for the cooking phase. Add in your thawed sausages and then allow the water to simmer. When the water evaporates completely, uncover the skillet and then allow the sausages to continue cooking. Usually, they'd release their oil, creating this fried outlook.
- Your meal is ready to be served.

Salami
Ingredients
2 pounds of ground beef

½ teaspoon of minced garlic
½ teaspoon of roughly ground black pepper
½ teaspoon of ground mustard seed
2 tablespoons of sugar-based curing mixture

Procedure

- Mix the ground beef, black pepper, garlic, mustard seed, and curing salt in a big bowl until everything is nicely incorporated. Then, divide the entire mix into about four portions. Set each portion in aluminum foil and then allow it to sit in the refrigerator for about 24 hours.
- Set a pan on fire and then add in some water. Let the water boil before setting the already chilled sausage mix into it. Allow the water to simmer for an hour before taking out the wrapped sausages.
- Use a pricking tool to make slight holes within the foil. This technique allows for the excess water in it to drain off.
- Set the sausages on a wire rack or other flat surface to allow them to cool. Then, take off the foil and wrap them with another aluminum foil.
- Set the newly wrapped sausages in the refrigerator and let them stay there until they become chilled. Under the right conditions, this would take about three hours.
- You can eat the sausages immediately or serve with your sandwiches or salads.

Meeresfruchtewurst (Seafood Sausage)

Ingredients

For the sausages, you'll need these;
2 tablespoons of butter
2 tablespoons of minced shallot
8 ounces of boneless and skinless sole (chilled and cubed)
5 ounces of shrimp; deveined and cleaned
Kosher salt
2 tablespoons of plain dry breadcrumbs

5 ounces of skinless salmon fillet (chilled and cubed)
4 large egg whites
1 large egg
2 pinches of cayenne pepper (to taste)
2 tablespoons of chopped Italian parsley
For the sauce;
2 tablespoons of water
1 lemon (juiced)
2 tablespoons of cold butter
1 tablespoon of chopped Italian parsley
Salt (to taste)

Procedure

- Start by melting some butter in a skillet over medium heat. Then, sauté your shallots until they become soft. This usually would take about five minutes. When they're done, leave them for about five minutes to cool.
- Mix the shrimp, salmon and sole in a food processor. Then, add in your breadcrumbs.
- The egg whites and then the entire eggs go in next. Season the mix with some Kosher salt and cayenne pepper.
- Add in your cooled shallots and parsley.
- Set the food processor to work while ensuring that you start first with short pulses to get everything into close contact. Then, you can extend the pulse time with time until you get a smoothly blended mix.
- Transfer the mix to a bowl and then set a plastic wrap on the mouth. Set this bowl in a refrigerator and then allow it to chill for about an hour or two.
- Transfer the rest of the sausage into a precut plastic wrap and then use your hands to shape it into a log. Once you get that rod-shaped look, tie a knot at either end to seal.
- Next, use a sheet of aluminum foil to make a second wrap layer. When sealing the foil, go opposite the way you began. Ensure that the knots aren't too tight, though.
- Repeat the techniques above with the rest of the sausage mix.

- Set a pot on fire and then allow the water in it to simmer. Add in your sausages. If they start to float, use a plate to keep them submerged in the water. Cover the pot and allow the sausages to cook at least for twenty minutes.
- Transfer the sausages to a bowl of chilled water. This stops the cooking process. Leave the foils to cool for about fifteen minutes before taking them out of water. Then, store them in a refrigerator till you are ready to serve them.
- Next, peel the foil off your sausages and then set them gently on carefully laid-out paper towels. Cut off the plastic wrap knot from one end and then push the sausage out from the other. Trim off any chunk of meat that doesn't align with the significant length or shape formed.
- Now, in a pan, melt the rest of your butter. Cook the sausages in the melted butter while ensuring that you flip them till the skins become brown. This usually would take about six minutes. Then, reduce the heat to low heat and cover the pan. Leave the sausages to cook until about five to six minutes later.
- Repeat the frying procedure for the rest of the sausages.
- In the same pan, add some water and lemon juice. Allow the mix to stay on fire until the fluid volume reduces by half. This would take about three minutes at most.
- Reduce the heat to low heat, and then add in your cold butter and parsley.
- Swirl the contents of the pan around till the butter is completely melted. Season the mix with some salt, and then make more swirls of the mix.
- When you're ready to serve your sausages, spoon some of the sauce on top and enjoy!

Seitan Pepperoni
Ingredients
1 ½ cups of wheat gluten flour
¼ cup of nutritional yeast
2 teaspoons of mustard powder

2 teaspoons of Paprika
1 ½ teaspoons of crushed fennel seeds
1 teaspoon of salt
1 teaspoon of ground black pepper
1 teaspoon of garlic powder
1 teaspoon of cayenne pepper
½ teaspoon of crushed anise seeds
½ teaspoon of white sugar
¾ cup of cold water
¼ cup of tomato paste
2 tablespoons of olive oil
2 tablespoons of liquid amino acid
2 teaspoons of liquid smoke flavoring

Procedure

- Start by preheating your oven to a temperature of 325-degree Fahrenheit.
- Next, mix the sugar, anise seeds, cayenne pepper, garlic powder, black pepper, salt, fennel seeds, paprika, mustard powder, nutritional yeast and wheat gluten flour.
- In another bowl, add your tomato paste, olive oil, liquid amino acid, and liquid smoke flavoring.
- Stir in the mixture from step 3 into the mixture from step 2 slowly to avoid lumps. Mix everything until you get something of regular consistency.
- Smear some flour on a flat surface and then knead the dough until it is smooth.
- Shape the dough into a rod shape that is about 2” wide. Then, wrap the rod in aluminum foil, ensuring you seal it up with knots.
- Set the foils in the preheated oven for about an hour and a half.
- When the baking is done, get rid of the foil and then leave the sausages to cool at room temperature.
- Set the sausages in an air-tight container and then set the container in your refrigerator. Serve whenever!

Wurzige Rindfleischstange (Spicy Beef Stick)

Ingredients

4 pounds of ground beef
1 pound of spicy pork sausage
2 ½ teaspoons of mustard seed
2 ½ teaspoons of liquid smoke flavoring
1 tablespoon of Worcestershire sauce
1 tablespoon of garlic powder
5 tablespoons of sugar-based curing mix
1 tablespoon of cracked black pepper
1 tablespoon of caraway seed
2 teaspoons of cayenne pepper
2 teaspoons of paprika
2 teaspoons of Chili powder
2 teaspoons of red pepper flakes

Procedure

- In a large bowl, combine; red pepper flakes, Chili powder, paprika, cayenne pepper, caraway seed, black pepper, curing pepper, garlic powder, Worcestershire sauce, liquid smoke, mustard seed, pork sausage and ground beef.
- After mixing, cover the bowl with plastic wrap and then set it in a refrigerator overnight.
- Take the mix out daily, knead it on a flour-coated surface, and then take it back to the refrigerator. Do this for about three days. On the fourth day, knead again, but cut the dough into 6 rod-shaped pieces this time.
- Wrap each rod of dough with aluminum foil and then use a pricking tool to make holes within it.
- Preheat your oven to a temperature of about 200 degrees Fahrenheit. Then, set the foils atop a broiler pan so that the dripping grease can be collected.
- After about six hours, turn off the oven, but do not take the foils out. Allow the dough to continue baking for three more hours.

- After that timeframe, set the foils in the refrigerator and then serve whenever you want!

Seven
Special Sausage Recipes

Kielbasa and Cabbages

Ingredients

24 ounces of beef Kielbasa (sliced)
1 onion (chopped)
¼ cup of butter
2 cups of beef stock
½ teaspoon dried thyme
½ teaspoon of hot sauce (to taste)
1 head of cabbage (cored and chopped)
Salt
Ground black pepper (to taste)
Procedure

- Start by turning on your pressure cooker. Cook the sausages alongside the onions until they've become brown. This would take about ten minutes.
- Add a block of butter to your pot and then leave it to melt. Then, mix in your beef stock, thyme, and hot sauce. Then, add your cabbages and stir until all the leaves are coated with the mix. When you are done, leave it to cook under high pressure for about five minutes.
- Release the pressure in the cooker slowly, and then, after about five minutes, unlock and take off the lid.
- Season your sausage and cabbage with salt and pepper. You can then serve your meal.

Cerdos en una Manta Pigs
Ingredients
½ pound ground pork sausage
¼ cup of Chopped red bell pepper
¼ cup of Chopped red onion
1 small Jalapeno pepper (chopped)
1/3 cup of Mexican Cheese blend (shredded)
16 ounces of refrigerated buttermilk biscuit roll dough
¼ teaspoon of hot sauce (to taste)

Procedure

- Preheat the oven to a temperature of 450 degrees Fahrenheit.
- While that's going on, set a large skillet over medium heat. Add in the pork and then leave it to cook till the skin is brown and crumbly. This should take about five minutes. When you are done, take the pork out with a spoon and set it on a bed of tissue paper. This would help drain the oil.
- Next, sauté the red bell peppers, onions, and jalapeno peppers until they become soft. Then, use a slotted spoon to pack them out of the pan.
- Flatten the dough for the biscuit roll into four 4" by 6" rectangles. In another bowl, mix the ground pork sausage and the vegetable mix.
- Spoon some of the mix in the bowl into the rectangular cuts of dough. Top each with cheese and then roll the dough to seal it up.
- Set the wraps on a baking sheet and then set them in the preheated oven where they'd bake for about ten to twelve minutes.
- When the baking is over, transfer them into a serving tray and serve with hot sauce.

Cheater Baked Ziti

Ingredients

16 ounces of dry Ziti pasta
1 pound of hot Italian sausage
16-ounce jar of spaghetti sauce
16 ounce jar of Alfredo sauce
8 ounces of shredded cheese blend

Procedure

- Preheat your oven to a temperature of 350 degrees Fahrenheit.
- Set a pot on fire and then fill it with water. Then, add a little salt and allow the water to start boiling.

- Add the Ziti pasta and then allow it to cook till it becomes a bit soft. Ensure that you do not cover the pot while this is going on, though. You also want to ensure that the pasta still stands firmly.
- Drain the water from the pasta.
- Set a large skillet on fire and then add in your sausages. Allow the sausages to cook till the skin becomes crumbly and brown. When that is done, get rid of the excess grease and then stir in your pasta, spaghetti sauce, and Alfredo sauce.
- After mixing, transfer the mix into a large baking dish and then top off the dish with some cheese blend.
- Bake the mix in the preheated oven till the sauce starts to form bubbles. The cheese should have also begun to melt. The entire process usually takes about fifteen minutes.

Spicy Marinara and Crostini (with clams and sausages)
Ingredients
Clams (scrubbed and rinsed)
4 tablespoons of Olive oil
¼ cup of Vidalia onions (diced)
¾ pound of sausages
8 large cloves (minced and divided)
¼ teaspoon of crushed red pepper flakes (to taste)
1 teaspoon of fennel seed
1 cup of dry white wine
1 jar of Tomato and Basil sauce
2 tablespoons of shaved Parmesan cheese
For the Crostini,
1 French Baguette (sliced into ¼" rounds)
Cracked black pepper
Coarse sea salt

Procedure
- Start by rinsing off the clams under running water. This technique will help get rid of any sand within them.

- Set a large pot on medium heat, and then add in your diced onions. Stir the onions as they cook until they become translucent. This should take about five minutes.
- Add in your sausages, garlic, red pepper flakes, and fennel. Cook these till the sausages lose their pink color. Then, drain the oil out of the pan.
- Set the heat to high heat and then pour in your wine. Allow the mixture to boil until the fluid has reduced considerably.
- Then, stir in the tomato basil sauce and allow the mix to boil again. Add in your clams, cover, and cook till the clam shells open. This could take about ten minutes. Either way, ensure that you cook the clams.
- Preheat your oven to a temperature of about 375 degrees Fahrenheit, and then mix the rest of the Olive oil, two cloves of the minced garlic, salt, and cracked pepper. Use a brush to apply the mix to the slices of baguette. Then, set the slices on a baking sheet.
- Allow the slices to bake for about eight minutes or until the bread starts to turn a golden brown color.
- Set some clams and sauce into a bowl and then top it with fresh parsley and shaved Parmesan cheese. Then, serve with the Crostini

Embutido Fillipino Meatloaf

Ingredients

1 ½ pounds ground Pork
12 ounces of fully cooked Luncheon meat (sliced thinly)
2 links of spicy semi-cured sausage (sliced thinly)
2 tablespoons of chopped sweet pickle
1.5 ounces of box raisins
3 eggs (beaten)
1 teaspoon of salt
1 teaspoon of ground black pepper
2 tablespoons of soy sauce (to taste)
1 tablespoons of soy sauce (to taste)

1 tablespoon of cornstarch

Procedure

- Preheat the oven to a temperature of about 350 degrees Fahrenheit.
- Then, mix the ground pork, luncheon meat, pickles, raisins, eggs, salt, and pepper in a bowl. Then, wrap up bits of the mix with aluminum foil. Then, set the foils on a baking sheet.
- Allow the foils to bake in the oven for an hour.
- Next, set the meat loaves aside and then carefully drain the drippings from the baking sheet into a small saucepan set over medium heat.
- Stir in your soy sauce and corn flour while ensuring you give everything a good mix. The mixture will boil in about two minutes if you're on medium to high heat. Allow the sauce to thicken, and then serve it over the sliced meatloaf.

Tortellini Sausage Soup

Ingredients

3.5 ounces of sweet sausages
1 cup of chopped onions
2 cloves of garlic (minced)
5 cups of beef stock
1/3 cup of water
½ cup of red wine
4 tomatoes (peeled, seeded, and chopped)
1 cup of Tomato sauce
1 Zucchini (chopped)
8 ounces of cheese Tortellini
1 green bell pepper (chopped)
1 tablespoon of chopped fresh parsley
2 tablespoons of Parmesan Cheese (grated)

Procedure

- Start by setting a pot on high heat. Then, add in your sausages and sauté them for about ten minutes. The time could vary depending on when the sausages turn a full brown color.
- Drain the fat that drips off the sausages while ensuring that you leave about 1 teaspoon in the pan. Then, add in your onions and garlic. Cook them for five more minutes.
- Add water, wine, tomatoes, carrots, basil, oregano, and tomato sauce to your beef stock. The allow the mixture to start boiling.
- Reduce the heat and then let the mix simmer for about half an hour. Skim off any fat that surfaces as you boil.
- Add your Zucchini, Tortellini, green bell peppers, and parsley to taste. Let the mixture simmer for about ten minutes or until the tortellini is fully cooked.
- Pour the mixture into bowls and then garnish it with some cheese.

Paella

Ingredients

5 links of sausage (cut into 1" pieces)
15 raw chicken tenders
2 pounds of large shrimp (peeled and deveined)
1 onion (chopped)
1 green bell pepper (seeded and cut into strips)
1 large stalk of celery with leaves (finely chopped)
2 cloves of garlic (minced)
2 cups of uncooked long-grain rice
2 cans of peeled and diced tomatoes
2 bay leaves
2 teaspoons of salt
1 teaspoon of dried oregano
¾ teaspoon of ground turmeric
3 ½ cups of Chicken broth

Procedure

- Start by setting a wok pan on medium to high heat. Allow it to heat up before frying your sausages. Allow them to turn entirely brown before getting them out of the pan. Fry the strips of chicken in the sausage grease till they become brown. Take them out, and then sauté your onions, green pepper, celery, and garlic for about five minutes. This time frame could be more or less, depending on when the veggies become tender.
- Add your uncooked rice, tomatoes, bay leaves, salt, oregano, and turmeric. Allow to cook for one minute while stirring the mix. Then, add in your tomato juice and chicken broth.
- Add in the pieces of chicken, cover the pot, and leave it to simmer for about twenty minutes.
- Add your sausages to the mixture and then leave them to simmer for fifteen more minutes.
- Add in your shrimps, cover the pot, and allow the shrimps to cook for ten more minutes. This time could be more or less, depending on when the shrimp are fully cooked.

Stacis Strata

Ingredients

½ pound of bread cut into 1" cubes
8 ounces of Kielbasa sausage (cut into 1" pieces)
½ cup of chopped green onions
2 ½ cup of shredded Cheddar cheese (sharp, divided)
10 eggs
4 cups of milk
½ teaspoon of dry mustard
½ teaspoon of salt
1 pinch of ground black pepper
1 cup of cooking cream
½ teaspoon of ground nutmeg

Procedure

- Start by coating a 9" by 13" baking dish with cooking spray. Then set your bread, Kielbasa, onions, and 1 ½ cups of the

cheese in the pan, ensuring to work in layers.

- Mix your eggs, milk, dry mustard, salt and pepper in a bowl. Ensure you give everything a good mix before pouring the mixture into the pan. Ensure that the mix covers all the bread chunks.
- Top the baking dish with the remaining cheese and then set the dish in the refrigerator overnight.
- The next day, preheat your oven to about 190 degrees Fahrenheit.
- Get the baking dish out of the refrigerator, and then, in another bowl, combine the cooking cream and your nutmeg.
- Pour the cream evenly atop the casserole.
- Bake the mix in the preheated oven for about fifty minutes. This time could be more or less, depending on when you get a golden color.
- Allow the dish to cool before you serve.

Zuppa Toscana

Ingredients

1 pound of mild-flavored sausages
1 ¼ teaspoons of crushed red pepper flakes
4 slices of bacon (cut into 1/2" pieces)
1 large onion (diced)
1 tablespoon of minced garlic
5 cans of Chicken broth
6 potatoes (thinly sliced)
1 cup of heavy cream
¼ bunch of fresh spinach (remove the tough stems)

Procedure

- Set your sausages and red pepper flakes in a pan over medium to high heat and allow them to cook until they become crumbly and brown. This should go on for about fifteen minutes. Drain the grease from the pan and then set the sausages aside.

- Next, cook your bacon in the same pan until it becomes crisp. Drain the grease also while ensuring that you leave some within the pan.
- Next, add in your onions and garlic. Cook them until the onions become translucent. This usually would take about five minutes.
- Add in your chicken broth and allow it to boil over high heat.
- Add in your potatoes and allow them to cook until they become soft. This could take about twenty minutes.
- Reduce the heat and then stir in the heavy cream and the cooked sausages.
- Add in your spinach just before you serve.

Peperoni-Pizza-lasagne

Ingredients

Cooking spray
8 lasagna noodles
1 pound of ground sausage
2 cloves of garlic (crushed)
1 jar of meatless spaghetti sauce
15 ounces of ricotta cheese
1 egg
1/3 cup of grated Parmesan cheese
1 tablespoon of dried parsley flakes
½ teaspoon of dried oregano
3 cups of shredded mozzarella cheese
1 jar of sliced mushrooms (drained)
1 can of sliced black olives (divided)
1 pack of sliced pepperoni
¼ teaspoon of roughly ground black pepper

Procedure

- Start by preheating your oven to a temperature of about 375 degrees Fahrenheit. Then, prep your baking dish by spraying the sides with cooking spray.

- Set a pot on medium to high heat and then, put some water in the pot. Add some salt to the water, and when it starts to boil, add your lasagna noodles. Ensure you stir the mix as consistently as possible until the lasagna becomes soft. After about eight minutes, drain the water from the pot.
- Set a skillet on fire and then allow your sausages to cook for about five minutes. During that time, add in your garlic. Afterward, drain the excess grease and take it off the heat.
- Add the spaghetti sauce to the pan.
- Next, in a bowl, mix your ricotta cheese, egg, Parmesan cheese, parsley flakes, and oregano.
- Spread about ½ cup of the sauce mix over the bottom of the prepped dish. Fill the dish with the noodles, and then add ½ cup of ricotta cheese mixture, 1/3 cup of the mozzarella cheese, and 1/3 of the sausage mix.
- Repeat the layers.
- Next, set your mushrooms, black olives, and pepperoni at the top. Add the rest of the sauce to the mushroom layer.
- Set the baking dish in a preheated oven and then wait till it gets all bubbly. Then, add the rest of the mozzarella cheese as toppings.
- Bake till the cheese melts completely.
- Allow the dish to cool before serving.

Eight
Liver Sausage Recipes

Homemade Braunschweiger
Ingredients
Pork fat
Pork
Pork Liver
Wild duck livers
White pepper
Marjoram
Clove

Procedure

- Mix all of the meat with your spices, grind, and then add in several chunks of ice. Work the mixture again in a food processor, not at once, but in batches. Ensure that you keep everything as cold as possible so the emulsion doesn't break as you make the sausages.
- To get your sausages smoked, poach them in a pot of water. Drain the water and then work your smoker at about 180 degrees Fahrenheit for about three to four hours. The best woods to use for this process include oak or maple wood.
- Serve your braunschweiger with some mustard to enjoy!

Pork with Pork Liver Braunschweiger
Ingredients
Pork butt (boiled)
Pork liver (boiled)
A pinch of Cinnamon
A pinch of ground nutmeg (¼ teaspoon)
2/3 teaspoon of roughly ground black pepper
¼ teaspoon of Prague powder
1 ¼ teaspoon of salt
¼ cup of sautéed onions
¼ cup of water

Procedure

- Note that the ingredients above were measured per lb of meat you use.
- Start by setting a pan on fire. To the pan, add your pork butt, liver, and some water. Allow the meat and the liver to boil before turning off the heat.
- Allow the meat and liver to cool before molding them into cubes and grinding them finely with your grinder. A 3/16" grinder mesh is just perfect for this step.
- Mix your meat with the other ingredients listed above. Ensure that everything is nicely incorporated.
- Rinse out your casing and then stuff them with the meat. The casing used here is 1 ¼" long, and the links are 4" long.
- Store the sausages in the refrigerator if you'd be using them immediately. If not, store it in your freezer.
- To cook the sausages, you can either get them grilled or fried.

Pork with Pork Liver Braunschweiger
Ingredients

8 oz of pork butt (boiled)
8oz of pork liver (boiled)
¼ teaspoon of Allspice
½ teaspoon of cloves (ground)
¼ teaspoon of ground ginger
¼ teaspoon of Marjoram (ground)
½ teaspoon of nutmeg (ground)
½ teaspoon of white pepper (ground)
¼ teaspoon of sage
1 ¼ teaspoons of sage
2/3 teaspoon of sugar
¼ cup of onions (minced)

Procedure

- Start by boiling your pork and liver in different saucepans. Please don't turn off the heat until they are well cooked.

- Mold the meat into cubes before grinding them. Use a 6.4mm grinding disk for this.
- Mix the meat with the rest of the ingredients while ensuring you give them a good mix.
- Set the mix in a food processor and then allow it to grind till you get a smooth puree.
- Rinse out your casing and then tie links that are 12” long.
- Set your sausages in a saucepan, add some water, and then bring it to a boil. Reduce the heat and let the sausages simmer for about an hour.
- After drying your sausages, set them in the refrigerator so that they dry. You don’t have to do any further cooking before you eat.

Pork with Pork Liver Boudin Blanc

Ingredients

12 oz of pork butt or shoulder
4 oz of pork liver
1 teaspoon of minced garlic
¾ teaspoon of cayenne pepper
½ teaspoon of ground black pepper
½ teaspoon of white pepper
¼ teaspoon of Prague powder
½ teaspoon of salt
¾ cup of long-grain rice
½ cup of chopped onions
½ cup of spring onions
¼ cup of chopped parsley

Procedure

- Start by setting a pan on medium to high heat. Pour in some water and then the pork and pork liver. Bring the water to a boil. Take this pot off the heat only when the meat and the liver are fully cooked. Also, ensure that you skim off any fat that floats at the surface as you boil.

- Cook your rice and then drain the water off when the grains are soft.
- Allow the pork and the liver to cool.
- Mix the pork, liver, and onions. Then, grind with a 3/8” grinding disk.
- Add the other ingredients and then continue mixing.
- Stuff the sausage into your already rinsed casings and then tie off into 12” links.
- Store the sausages in a refrigerator if you’ll be cooking them soon. If not, store them in a freezer.
- You can cook your sausages in an oven set to 350 degrees Fahrenheit. Your sausages are ready to eat when they have entirely brown skins.

Breakfast Liverwurst
Ingredients

1 pound of cubed pork liver
¾ pound of lean pork butt cubed
¼ pound of pork fat (cubed)
1 large sweet white onion (finely chopped)
3 tablespoons of powdered dry milk
1 teaspoon of freshly ground white pepper
1 ½ teaspoons of salt
2 teaspoons of paprika
1 teaspoon of sugar
½ teaspoon of finely ground coriander
¼ teaspoon of mace
¼ teaspoon of Allspice
¼ teaspoon of ground cardamom

Procedure

- Start by grinding your liver cubes, pork butt, and pork fat through the finest grates of your grinder. Then, mix all the ingredients.

- Add onions, powdered dry milk, white pepper, salt, and paprika —sugar, marjoram, coriander, mace, allspice, and cardamom. Then, with your hands, give everything a good mix. Ensure that you have gloves on!
- Run the mix through your grinder again, this time twice, while creating a cold environment for the meat. You can have the meat run into ice blocks to preserve the cold.
- Stuff the meat mix into a muslin casing and then secure one end with twine. Ensure that you stuff the meat as firmly as you can to avoid air spaces within the sausage.
- Set the liverwurst in a large pot and then add in your water. Allow the water to boil. If the sausages begin to float, use some weights to submerge them in the water. Your kitchen plates would do fine for this.
- Reduce the heat of the cooker and then allow the sausages to cook for about three hours.
- Drain the water out and then add in some ice water. Allow the liverwurst to sit in the ice water till it is cool enough.
- Set the liverwurst in a refrigerator and then allow it to stay in the muslin casing overnight.

Rabbit, Pork Liver, and Sage Sausage
Ingredients

4 pounds of rabbit meat
2 ½ pounds of pork shoulder (deboned)
1 teaspoon of chopped sage
2 teaspoons of chopped garlic
1 teaspoon of white pepper
½ teaspoon of ground cumin
½ teaspoon of ground nutmeg
1 ½ cups of heavy cream
2 tablespoons of maple syrup
2 tablespoons of Kosher salt
6 feet of hog casings

Procedure

- Start by getting the bones out of the rabbit meat and then cutting them neat into sizes of about ½". Set the meat in the refrigerator and then mold the meat into cubes. From there, take them into the freezer and let them sit until they become entirely frozen.
- In a bowl, mix your spices and then add the mix to the rabbit meat.
- Grind half of the mixture. Set the other half in a food processor and then add ¾ cup of cooking cream. Add the maple syrup, too, and work through it till you get an excellent pulp.
- Add the ground meat, the pork liver, and the one processed with the food processor in a bowl. Add whatever cream is left in, and then give everything a good mix. Use your hands for this process (wear gloves).
- Set the mixture in the refrigerator until it is chilled.
- Prepare your casings and stuffer. Then, twist the meat as you like it while working with links of about 5".
- Smoke your sausages with the procedures already described.

Rabbit Liver and Wild Mushroom Crepinettes

Ingredients

4 pounds of rabbit meat
1 pound of pork fatback
Pork liver
1 tablespoon of Kosher salt
1 teaspoon of white pepper
1 teaspoon of ground black pepper
2 teaspoons of fennel pollen
1 tablespoon of chopped lemon thyme
1 tablespoon of chopped scallions
1 tablespoon of chopped fresh chervil
¼ cup of dry white wine
½ cup of sautéed mushrooms (roughly chopped)
3 tablespoons of grated Parmesan cheese

½ pound of caul fat

Procedure

- Start by getting the bones out of your meat. Set the meat in the freezer until it is frozen. For the pork fatback, mold them into cubes and then allow it to chill in the freezer too.
- When the meat has frozen, you can then go ahead and mix the rabbit meat, the pork liver, and the pork. Add salt, white pepper, black pepper, fennel pollen, lemon thyme, scallions, and chervil. Use a grinder with a fine mesh to get everything ground.
- Mix the white vinegar, chanterelles (mushrooms), and cheese in another bowl. Add this to the ground meat, and then give everything a good mix.
- Make your sausages with the steps already described in the earlier chapters of this book.
- Serve your meal with some roasted leeks or saba.

Nine
Blood Sausage Recipes

German Blutwurst

Ingredients

2 Onions
1 tablespoon of clarified butter
600g of sauerkraut
350mls of meat soup
1 teaspoon of Caraway seeds
½ teaspoon of peppercorns
4 juniper berries
2 bay leaves
600g of floury potatoes
4 blood sausages
4 liver sausages
150mls of milk (4% fat)
40g of butter
1 teaspoon of nutmeg
Salt (to taste)

Procedure

- Start by cutting your onions into strips. Set a saucepan on fire and then allow some butter to melt within it. Add in your onions and sauté them till they become translucent. This could take about two minutes.
- Add in your already drained sauerkraut, and then give everything a good mix.
- With a food processor, crush your caraway seeds, pepper, bay leaves, and juniper alongside your cabbage. Then, sprinkle some salt and then, add it to the mix.
- Set a pot on fire and then add in the mix. Allow the mix to cook for half an hour on low heat. The pot should be covered while this is going on. That way, heat is trapped, and the cooking happens much faster.
- Peel your potatoes and allow them to cook in boiling water for about thirty minutes.
- Set the sausages in a saucepan that contains salted water and allow them to cook for about ten minutes. Take off the pan from

the fire before the water starts to boil.

- Drain the water from the potatoes, and then, after the water has dried off them, work them through a potato press.
- In another pan, heat some milk and then add the potatoes. Melt 20g of butter and then season the mix with salt and freshly grated nutmeg. Use a paddle to stir everything into a puree.
- Cut the rest of the onions into rings, and then heat the rest of the butter in a pan. Cook the onions till they turn brown.
- Garnish your puree with the onion flavor-infused butter. Then, season with cabbages and your sausages.

Hausmacherblutwurst (Homemade Blood Sausages)
Ingredients

250g of Pork head
300g of Back fat
250g of skin
200g of blood
2 ½ teaspoons of salt
2 teaspoons of pepper
¼ teaspoon of nutmeg
¼ teaspoon of cloves (ground)
½ teaspoon of marjoram (ground)
½ Onion (diced)

Procedure

- Start by boiling the pork head until the meat peels off the bones. Drain the water and then allow the meat to cool.
- Boil the skins until they become soft. Do the same for the trims of fat and back fat.
- After boiling, set them all in the freezer for about thirty minutes and then have them ground finely. The meat can be ground with a 3/8” plate, and the skins and fat trims with a 1/8” plate.
- Mold the meat into ¼” sized cubes.
- Mix the blood with salt, the curing solution, and the rest of the spices. Then, add in your meat and fat. Mix all.

- Rinse out your casings and then stuff your meat within them. The rings should be about 14” wide.
- Boil the sausages in unsalted water for 45 minutes.
- Soak the boiled sausages in water for five minutes and then leave them to cool in the refrigerator.

Clove-infused Blatwurst
Ingredients
3lbs of fresh fat pork belly
1 lb of fresh lean pork
1 onion (chopped)
1 ½ teaspoons of salt
1 teaspoon of pepper
¼ teaspoon of powdered clove
¼ teaspoon of powdered ginger
1 pint of fresh pork with blood
Pork casing (rinsed and dried)

Procedure
- Cut into pieces half of the fat pork and the lean pork. Then, add in your onions. Throw everything into a pot and then leave to cook till the fat starts to flow.
- Reduce the heat and then allow the food to simmer for 45 minutes.
- Add in your seasons.
- Grind the meat roughly. Then, slowly add the fresh pork blood to the meat mix.
- Cut the rest of the fat pork into cubes, spice, and then mix.
- Stuff the already rinsed-out casings and then secure at both ends with knots.
- Set the sausages in a pot, pour in some water, and then bring the water to a boil.
- Reduce the heat and then allow the sausages to simmer for twenty more minutes.

Duck bratwurst

Ingredients

½ gallon of pork blood
3 pounds of pork shoulder
½ pounds of pork fat
2 cups of chopped onions
¼ cup of duck fat
Kosher salt
1 tablespoon of freshly ground pepper
1 tablespoon of ground bay leaves
½ cup of minced parsley
3 tablespoons of sweet paprika

Procedure

- Freeze up your pork fat, and then set a pot over medium heat. Cook your onions in duck fat until they become caramelized. This would take about fifteen minutes. Take the onions out of the pan and then allow them to cool.
- Mix your salts, pepper, parsley, bay leaves, and paprika in a bowl. Then, cut the pork and fat into small chunks. Coat the entire pork with the spice mix.
- Set the meat, fat, and blood in the freezer and let them stay there until they are frozen.
- Next, take out your hog casings and rinse them. You'll need about 20 feet of the casing for this recipe.
- Grind the meat and the fat roughly while maintaining a cold grinding environment. You can have the ground meat fall into a bucket of ice. When you are done, return the ground meat to the freezer.
- Set a large pot on fire and then fill it with water. Heat the water, but not to the point of boiling it it.
- Take the meat out of the freezer and then add in some onions. Now, add in the blood in pints while ensuring that you mix everything through. Add the blood to the mix until you get a smooth paste.

- Pour the mix into the stuffer, and then start to make your sausages. Set the sausages in the boiling water and then allow them to cook for about fifteen minutes.
- When you are done cooking, take them out of the water and then set them on a platform of ice. Dry out the sausages for an hour before eating them.

Rotwurst
Ingredients
½ cup of duck fat
1 finely chopped onion
4 minced cloves of garlic
2 peeled and finely diced apples
½ cup of red wine
4 cups of fresh breadcrumbs
¾ cup of cream
2/3 pound of ground pork
1 pound of finely chopped pork belly
2 teaspoons of salt
1 teaspoon of freshly ground pepper
½ teaspoon of nutmeg
1 teaspoon of cayenne pepper
Natural hog casing (immersed in water)

Procedure
- Set a large skillet on a pan and then heat the duck fat. Add in your chopped onions and garlic when the fat starts to melt. Allow these to cook for about five to seven minutes until the onions become soft and translucent. Add in your apples and pear, and then sauté for five more minutes.
- Add in your red wine and then deglaze the skillet.
- Scrape at the brown bits at the bottom of the skillet until all of the wine evaporates.
- Transfer the rest to a large bowl.

- Set a saucepan on fire and then pour in some water. Leave the water to simmer.
- Now, in a smaller saucepan, pour in your blood and then set it on top of the large saucepan. You want the heat from the water to thicken the blood. Run a whisk through the blood as this happens until it becomes relatively thick. You could use a thermometer to make your temperature readings for more precision. A temperature of about 145 degrees Fahrenheit is just sufficient.
- Take the pan of fire and then, in another bowl, mix the cayenne, nutmeg, pepper, salt, chopped pork belly, blood pork, cream and breadcrumbs. Introduce to the mix the apples and onions and then mix.
- Add the hot blood mix to the mixture above and then continue stirring.
- Rinse out your hog casing and begin to get them stuffed.
- Make a double knot at one end of the casing with a kitchen twine. At the other end, get rid of the excess air and then make another knot to seal it up.
- Fill another pot with water and then leave the water to simmer.
- Set the sausages into the water and then cover the pot. Allow the sausages to cook for about twenty minutes. After that timeframe, leave your sausages to cool before eating them.

Fabada

Ingredients

1 pound of dried fabada beans
¼ pound of salt pork
½ teaspoon of crushed saffron threads
8 ounces of pork sausage
8 ounces of blood sausage
1 bay leaf

Procedure

- Start by soaking your beans in a lot of hot water. Leave the water to stand overnight.
- Fill a Dutch oven halfway with water and then allow the water to boil under high heat. Add your salt pork and allow it to boil for five more minutes. Take the salt pork out of the water before discarding the water.
- Drain the water from the beans and then set the beans in the prepped Dutch oven. Pour about ten cups of water in and then allow the water to boil over high heat. Get rid of any foam that floats to the water's surface during this process.
- Add in your saffron, salt pork, and diced ham. Allow this to simmer for five more minutes.
- Next, go on with your ground pork sausage and blood sausage. Cook for five more minutes while ensuring that you still discard the foam at the surface.
- Reduce the cooker's heat, add some bay leaf to the pot, and leave it to cook until the beans become soft. If the water dries out, add more so that the beans don’t become too dry.
- Take the beans off the heat for about twenty minutes before serving.

Maisbrotfullung (Cornbread stuffing) with ground Pork and Chiles

Ingredients

¼ cup of butter
1 medium-sized onion (chopped)
1 stalk of celery (chopped)
1 ½ cups of Chicken Broth
8 ounces of cornbread stuffing
¼ pound of blood sausage (diced)
½ can of chopped green Chiles (drained)
2 tablespoons of chopped fresh Cilantro leaves

Procedure

- Start by preheating your oven to a temperature of about 350 degrees Fahrenheit.
- Next, set a saucepan on fire and then heat some butter on medium heat. Add in your onions and celery, and then allow it to cook until the vegetables wilt. You should also ensure that you stir the veggies all through the time they're on fire. That way, they don't burn.
- Take the pan off the fire, and then add in your broth, stuffing, blood sausages, Chiles, and cilantro. Mix again.
- Spoon some of the mixes into an already-prepped casserole dish.
- Cover the casserole and then set it in the preheated oven. Allow this to bake for about thirty minutes before serving.

Contadina Garden Vegetable Pasta Bake
Ingredients

8 ounces of dry penne pasta
2 tablespoons of Olive oil
1 cup of coarsely chopped onions
1 cup of sliced mushrooms
2 carrots (sliced)
1 red bell pepper (cut into 1" slices)
1 green bell pepper (cut into 1" slices)
3 cloves of minced garlic
2 teaspoons of basil
1 can of tomato puree
12 ounces of precooked smoked blood sausage
¼ cup of chopped parsley
4 ounces of shredded mozzarella cheese

Procedure

- Start by preheating your oven to a temperature of 375 degrees Fahrenheit.
- Set a pot on fire, add some water, and then bring the water to a boil. Add some salt to the water and then start to boil your

pasta.

- Set a large skillet on fire and then heat some oil. Next, add onions, mushrooms, carrots, peppers, garlic, and basil. Allow these to cook until the veggies become soft. This would take about eight minutes.
- Next, add in your tomato puree, blood sausages, and cooked pasta. Add in two tablespoons of parsley, too.
- Transfer the mix to a baking dish that is 13” by 8” in size.
- Top the dish with parsley and mozzarella cheese. Then, set the dish in the preheated oven. Bake that for 15 minutes until the cheese melts completely.
- Allow the meal to cool before serving.

Queso Dip
Ingredients
10 ounces of ground pork sausage
Blood sausage
1 can of diced tomatoes and green Chile peppers (drained)
1 pack of cream cheese (cubed)
1 pack of processed cheese (cubed)

Procedure

- Start by cooking your sausages over a skillet set at medium heat. Stir them around till the skins entirely turn brown. This should take about six minutes. Afterward, transfer the sausages to a slow cooker.
- Add in your diced tomatoes, cream cheese, and processed cheese.
- Cook all on low heat until the cheese melts entirely while continuing with the stirring, this time once in two hours.

Chorizo Con Huevos Spicy Sausages with Eggs
Ingredients
3 chorizo sausage links

Blood sausages
9 eggs (beaten)
5 of 6” corn tortillas

Procedure

- Start by setting a skillet on fire and then allow the sausages to cook under medium heat. Cook them till they develop brown skins. This should take about five minutes.
- Next, beat your eggs into the mixture and then leave them to cook until they have become one with the Chorizo. This should take about five minutes or less.
- Next, warm up your corn tortillas on a skillet until wholly warmed. You can do this with an electric skillet. It’d take you about two minutes.
- Set your eggs and sausages on the corn tortillas

Ten
Fermented and Emulsified sausages

In the earlier chapters, a little was said about getting sausages fermented. Now, we'd be shedding more light on what fermentation means, why you should ferment your sausages, and the flavor the process imparts into your meat.

Firstly, it is essential to note that there are two types of fermented sausages. One is the sliceable raw sausage, or Pepperoni, summer sausage, or Salami. You might have already seen some of these names on a meat label at the mall. There's also the spreadable raw sausage, referred to as Teewurst or Mettwurst.

Another classification often used for fermented sausages includes the ones that were taken through the fast process of fermentation, the ones taken through the medium-fast, and the ones that were slowly fermented.

The last form of classification you should know is based on the moisture contained within the sausage. There's the moist sausage, which has a marked weight loss of about 10%. Others include the semi-dry and the dry, which have marked weight losses of 20% and 30%, respectively.

Now, let's slow down with all the classifications and know what precisely the fermentation process is all about! And in simple words, the process covers the use of bacteria to elevate your sausage-making game! Now, while that may sound ridiculous, it is indeed true. With friendly species of bacteria and the right balance of temperature and humidity, we may be about to unleash a whole new world of sausage magic.

Check this out—Normal meat, at low temperatures, would easily give in to rot or degradation when kept for a long time at room temperature without added preservatives. Fermented meat, on the other hand, doesn't have to be stored in the fridge! It stays for weeks without any form of preservation! Now, you'd wonder how this is possible!

Bacteria like the ones listed below are indeed the culprits of such magic.

- Micrococcus: This one helps change the meat's nitrates to nitrites.
- Staphylococcus: This one does the flavor improvement magic

- Lactobacillus: This one helps lower the meat's pH by producing lactic acid via sugar metabolism.
- Penicillium nalgiovense: This one helps to ensure that mold grows on your meat.

There are also dangerous bacteria strains that you must ward off, including Escherichia coli, Campylobacter, Salmonella, etc. These species of bacteria are regarded as pathogenic since they can cause diseases. Note that they begin to grow within the 40-degree Fahrenheit and 140-degree Fahrenheit range. But the funny thing is that you won't be able to detect their presence! The meat would still smell and look good!

So, for us to properly get our meat fermented, we have to ensure that we prevent the growth of bacteria that can cause the meat to spoil, bacteria that are dangerous to our health, while at the same time creating an environment for the good bacteria to grow. Here's how we can tick off these boxes;

- Work with meats that naturally have a meager bacteria count.
- Curing meat with salts and sodium nitrates.
- Lowering the pH of meat to acidic ranges (5.0).
- Lowering the water activity of meat to about (0.7).
- Smoking the meat
- Work with fresh meat that is always stored in a cold environment
- Work with highly excellent and sterilized tools
- Keep working and processing temperatures low.

Now, once you choose your meat accurately, the next thing you want to do is get it cured. Let's run through the steps again;

- Set your meat in a bowl, and then add in your salts and nitrites. This step is vital to ward off bacteria that cause the meat to spoil. The moisture in the meat is lost, and the salt concentration within it spikes up, making the environment unfriendly for bacteria. The water activity starts to drop, too, and the sausage becomes more stable if viewed via some

microscopic lens. Salmonella, for example, would be easily restricted with this step.

- To prevent the growth of species like Clostridium, 100g of salt per kg of meat would be needed.
- Next, let's look at the pH value of our meat. Foods that have low pH values are naturally resistant to spoilage by microbes, and examples include eggs, sauerkraut, pig feet, or anything suspended in vinegar. The secret to this is quite simple. Bacteria hate acidic environments. So, ideally, the pH we want to work with for our fermented meat should be below 5.5.
- To control the pH, we can work with sugar or citric acid. They are mostly integrated when carrying out fast and medium fermentation techniques. The reason is that the major issue for these techniques is the growth of bacteria. For the slowly fermented ones, moisture is usually lost, and that's enough to prevent bacteria from growing.
- Glucuno-delta-lactone is also another pH-lowering agent. You can get it by fermenting pure glucose. One of the end products would then be gluconic acid, which is completely safe for human consumption. Adding 1g of this per 1kg of meat would reduce the pH of your meat by 0.1. However, you should ensure you do not add more than 10g of this agent as it could cause your meat to go sour or even bitter.
- Citric acid is found in citrus foods and will give a sour taste to anything it is included in. However, here, it will help lower the pH of our meat. Add 1g of this citric acid to every 1kg of meat you work with.
- Sugar is the source of food for the good bacteria. They also help to reduce the pH of the meat. Examples include dextrose, sucrose, maltose, lactose, etc. Lactose and maltose may not have much of an effect if used alone. So, if they are to be used, they're used together.
- Add 1g of dextrose to 1kg of meat.
- Next, to reduce the water activity value of the meat, i.e., to reduce the moisture content, procedures like air drying have

proven effective. The goal is to reduce the moisture content to levels lesser than 0.8

- The next step is to smoke our meat. This step naturally shouldn't be here, but in countries where the atmosphere is mainly cold and unfavorable for drying, smoking may be the only way out. But the process is good since it improves the flavor of the meat, prevents the growth of mold on the surface of the meat, and also wards off dangerous bacteria.
- Whatever smoking temperature you work with should be the same as at which the slow fermentation process is carried out—65 to 73 degrees Fahrenheit.
- Cold smoking (a process of working with humidity and appropriate ventilation when smoking meat) is used to ferment raw sausages.
- Warm smoking, defined by the 77-122-degree Fahrenheit, is used for semi-dry sausages. For fully cooked sausages, the temperature bracket is 153-160 degrees Fahrenheit.

The Fermentation Process

To get your meat fermented, you have to consistently produce lactic acid and maintain specific parameter values in these contexts —temperature, humidity, and air. The moisture in the fermentation chamber should be between 90 and 95%. The temperature should also be between 65 and 79 degrees Fahrenheit.

Fast Fermentation

This process is relatively cheap and gives the meat a strong sour taste.

Fermentation time: A week

Technique: A fast drop in the pH levels of the meat (achieve 5.0 pH level in a couple of days)

Target values: pH (4.6-4.8); Water activity (0.92)

Materials used: Dextrose or glucono-delta-lactone; spices, etc

Fermentation temperature: The starting temperature should be about 80 to 85 degrees Fahrenheit. Some folks would even have the temperature as high as 112 degrees Fahrenheit.

Curing solution used: Sodium nitrite

Medium Fermentation

This process produces meat of higher quality and less sourness.

Fermentation time: 4-6 weeks

Technique: Have the pH of the meat drop moderately, i.e., to a level below 5.0 in 4 days.

Target values: pH value should be 4.8; Water activity should be 0.92

Fermentation temperatures: 70-75-degree Fahrenheit

Curing solution used: Sodium nitrite

Slow Fermentation

This process produces meat of the highest quality and has been used for several salami recipes. The meat is also hardly ever sour, and that's because it doesn't get acidified.

Fermentation time: 6 weeks or more, depending on the diameter of the sausage. Ones with substantial diameter values take a much longer time to dry.

Technique: a very slow drop in pH; allows Micrococcus to survive, react with the nitrates in the meat, and then release nitrites. These nitrates control the growth of Clostridium Botulinum, which is responsible for Botulism. The nitrites also improve the sausage's color and flavor.

Target values: pH should be between 5.2 and 6.0; water activity should be between 0.8 and 0.88

Fermentation temperature: 62-68-degree Fahrenheit

Curing solution used: Sodium nitrite

Safety Points

- When cutting up your meat, ensure that you do not get the fat smeared, as it would only prevent moisture from escaping quickly from the core. And this means a failed drying process.
- Ensure that you keep the starter culture solutions frozen. Only mix the answers with other ingredients once you are ready to make use of them.

- To maintain high humidity levels, ensure that you sprinkle some water atop the meat once or twice a day.
- Work with air drafts to prevent the growth of mold.
- Work with spices like mustard, cinnamon, and cloves as they help slow the growth of molds, yeast, and bacteria. Rosemary and sage also have antioxidant properties. Marjoram helps more with speeding up the rancidity of fats.

Emulsified Sausages

In simple terms, emulsified sausages are sausages made from fat. Fat is ground and converted into nicely ground meat. The secret to making this kind of sausage is ensuring the working temperature is kept as low as possible. Another secret is to grind the meat and fats about twice or thrice. The more the grinding, the more the heart gets to emulsify. You'd also need to do a lot of mixing to get the fats incorporated nicely into the meat.

Some ingredients are known to be very vital for the emulsification process, and they include these;

- Eggs: Besidesworking as great binders, they'd also impart a nice creaminess to your sausages.
- Cream
- Bread crumbs
- Rice, etc.

Procedure

- After choosing your meat, debone it and then trim off the fat and connective tissue.
- The next thing to do is grind the meat. First, a 3mm grinder plate is used for the meat. For the fat, make use of a 6mm grinder plate. Grind the meat and the fat twice. The second time, work with a grinder plate with finer teeth.
- Add in your curing salts, and then mix the meats as much as you can. It is recommended that you use mixing machines as they would exert much more force, which is essential for emulsification.

- The emulsion is formed when the proteins get solubilized and the fat particles get suspended in and trapped within the protein matrix.
- When you are done mixing, you can proceed to stuff your casings and other procedures discussed.

Conclusion

Sausages can be very simple to make, regardless of the kind of flavor that you want to incorporate into the meat. The one secret you need to bear in mind, nevertheless is that everything should be kept cold. Freeze up everything, even your tools. The colder things are, the more the meat and fat bind to each other, and the more the beef forms sausages. You also have to ensure that you work with the perfect blend of spices and curing solutions. That way, you can get the right flavor.

Happy sausage making!

About the Author

Jason B. Tiller, at heart, is a culinary explorer and a beacon of wellness. Jason embodies the spirit of a deep, passionate man about the transformative power of food. With a rich background in nutrition complemented by an advanced understanding of the human love for food, he's enjoyed a life in Los Angeles that's as tasteful as it is fulfilling.

His travels, driven by an insatiable curiosity for the world, have transformed him into a storyteller, weaving tales of exotic flavors and local delicacies with insights into their health benefits. He's an herbal detective, uncovering the secrets of ancient herbs and the healing powers of food. His approach to dieting is not just about eating right; it's embracing food to heal, bring joy, and unite people from all walks of life.

To know Jason B. Tiller is to embark on a journey of discovery that promises a healthier body, a heart full of adventures, and a soul fed with the world's wonders. In his company, you will find a guide and a companion who reminds you that the most enduring nourishments are love, understanding, and the joy of sharing a meal.

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